\$2.50 228th Issue August 1997

1000 to Compete in 30th Annual National Championships in San Jose

More than 1000 athletes from most of the 50 states, Canada, and some foreign countries will participate in the 30th annual USA National Masters

Lorna Squyer, W40 10,000 winner (42:52), 1996 USATF National Masters Championships, Spokane, Wash. This year's meet is in San Jose, Calif., Aug. 7-10. Photo by Jerry Wojcik

Track and Field Championships on August 7-10 in San Jose, Calif.

The event will be held on the blue, eight-lane track at San Jose City College, host of the 1984 and 1987 USA Open T&F Championships, the 1995 Junior Olympics and the Bruce Jenner International Classics.

Competition will be held in five-year age groups for both men and women from ages 30-34 to 95+. There are no qualifying standards to enter the meet, except to be at least age 30.

Late Entries to August 4

The entry deadline was July 11. However, meet organizers will accept late entries up to Mon., August 4 with a \$50 penalty fee.

Awards to First Three

The first three U.S. finishers in each event will receive an official USATF Championship medal. Duplicate awards will be given to foreign athletes who place.

Free shuttles will be provided to and from the college, the dorms and the Hyatt San Jose throughout the Championships.

Athletes' Meeting

The general athletes' meeting will be held on Friday following competition, and is open to all. Age-group awards will be presented, and an open discussion will follow. Details of time and place will be in the competitors' pack-

Barbecue

A post meet barbecue, open to all athletes and their guests, will be held at the end of competition on Sat., August 9, at San Jose City College. There will Continued on page 5

All 16 entrants at the start of the National Masters News Age-Graded Mile, Hayward Masters Classic. John Keston, 72, fourth runner from the left, was the age-graded winner with a 90.5% 5:51.44, also a single-age U.S. record. Paul Heitzman, 66, first runner on the right, was second with an age-graded Photo by Jerry Wojcik

Bulkley Breaks Two World Records

Record 270 in Hayward Classic

by JERRY WOJCIK

EUGENE, Ore. - A record 270 athletes, age 30 and over, entered the 17th annual Hayward Classic Masters Track & Field Meet at Eugene's Hayward Field on June 28-29. The

total number surpassed the previous high in 1996 by a half-dozen participants in the meet, which featured three age-group records by athletes who cleared barriers.

Continued on page 7

Khiterman, Horovitz Top Masters

5468 Finish Grandma's Marathon

by JANNA WALKUP

Challenged by the second-hottest Grandma's Marathon in the event's 21-year history, Lev Khiterman of

Russia and Gillian Horovitz of New York City, powered to masters wins on June 21 in Duluth, Minn.

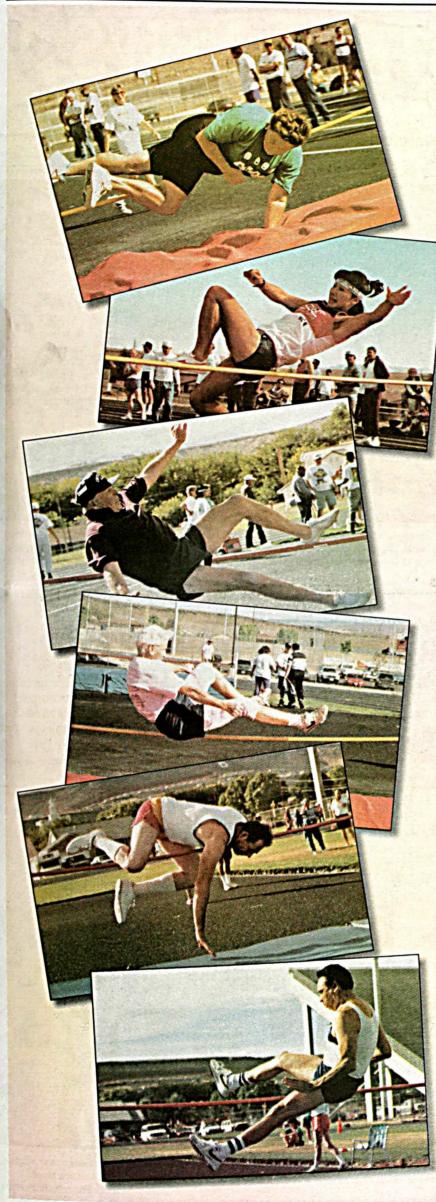
Khiterman, 45, picked up \$1000 in prize money en route to a 2:25:47 clocking. Steven Ward, the top M40 finisher (2:30:49) pocketed \$700, while third-place masters finisher Rob Whetham (2:32:22) picked up \$300 and second place in the M45 division.

Horovitz, in her sixth Grandma's appearance, took home \$1000 for her efforts in winning the overall women's masters title as well as the W40 title Continued on page 7 REGOA

The Oregon TC Masters M50-59 4x400 team of (from left) John Teising, Larry Norris, Geoff Hughes, and Wayne Gripp after running a 1997 season best 3:52.68, Hayward Classic Masters Meet Photo by Suzy Hess

INSIDE:

- USATF Director Chosen
 - -page 9
- Race for the Cure -page 12
- Oceania Preview -page 19



The Right Way For Seniors To Cross The Bar

Study after study shows that active seniors live happier, healthier, longer lives – or does it just seem that way?

If you are interested in finding out what 3,500 senior athletes (50 and above) from all over the United States and a dozen foreign countries think about it, join them at the eleventh annual Huntsman World Senior Games in St. George, Utah, October 13-24, 1997.

Competition includes cycling, softball, swimming, tennis, bowling, racquetball, track and field, basketball, golf, horseshoes, table tennis, triathlon (individual and team), basketball free throw and 3-point shoot, mountain biking, bridge, volleyball and roadracing events.

Huntsman World Senior Games Eleventh Anniversary

St. George, Utah – October 13-24, 1997

FOR MORE INFORMATION, CALL 1-800-562-1268

82 West 700 South, St. George, UT 84770

CONTENTS

USATF Officers	. 3
Letters to the Editor	. 4
NMN Sustainers	. 4
Third Wind	.6
Five Years Ago	. 6
The Foot Beat	. 8
NMN Contact Numbers	.9
Racewalking	10
Ten Years Ago	10
Fifteen Years Ago	11
On the Run	12
Trojan Masters Meet	13
The Weight Room	14
Training Advice	16
Speaker's Corner	17
T&F Rankings Report	18
WAVA Officers	18
WAVA/USATF Specs	18
Masters Scene	20
Schedule	21
All American Standards	23
Results	
New Age Groups Athletes .	

FEATURES

Preview of Nationals	
Hayward Classic	. 1
Grandma's Marathon	
Age Graded Distances	. 5
Sites of Nationals	. 5
Las Gatos Meet	. 8
Randolph Classic	. 8
Texas Meet	. 8
USATF Director Chosen	. 9
RW for Fitness	11
Race for the Cure	12
Portland Meet	15
Club West Preview	16
Oceania Games Preview	19

ENTRY FORMS, ETC.

Huntsman Senior Games2
NMN Subscription Form4
Myrtle Beach Marathon 5
Oregon Track Equipment 7
Blue Ridge Running Retreats 8
The Master Board 9
Masters Age Record Book. 10
Alongi Intl. RW Classic 11
Run by the River12
Publications Order Form 13
Celebration of Sr. Wellness 14
On Track
No. Calif. Track Classic 15
T&F Ranking Books 16
San Diego Senior Olympics 17
Puerto Rico Meet 19
Oceania Games 19
Track & Field News 20
Age-Graded Tables 34
Stretching Video35
Endurox
Elidulox



YONAL MASTERS NE

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The National Masters News is devoted exclusively to track & field, long distance running, and race-walking for men and women over age 30. Each month it delivers 32 to 48 pages of results, schedules, entry forms, age records, rankings, photos, arti-cles, training tips, and all the inside scoops and information that affect the world of masters athletics

Some masters events are sponsored by USATF, the national governing body for athletics in the USA. Some are sponsored by individuals, clubs or other senior organizations.

Generally, anyone age 30 or over may come to a masters event and participate. Some events are limited to age 40 +, 50 + or 55 + (please check the schedule for details). Some events require advance registration. Some require a current USATF card (\$12 to \$15 per year, depending on the region). To inquire about a USATF card, call USATF in your area, or 317/261-0500. There are no qualifying stanfor most masters athletics ever

NMN welcomes contributions — results, schedule info., photos, letters, articles, and opinions. Manuscripts should be typed, doubled-spaced, but legibly handwritten material is also acceptable. Results should be typed, single-spaced. Please include a stamped, self-addressed envelope if return is desired.

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\$200 ENTRY FEE

There has been an increasing trend in professional sports to charge higher and higher admission fees. This trend now seems to be taking place in masters athletics with the proposed \$200 entry fee for the Nike World Masters Games.

There is no justification for a World Masters Games' Track & Field management fee of \$188,000 (25% of total costs), as noted in Ken Weinbel's Track & Field Report in the May issue of the National Masters News. It seems that masters track & field and LDR athletes will also have to pay for "Operations out of the Portland Office" (57% of those costs).

If these outrageous fees are accepted by the masters community we can expect similar fees for future events.

I strongly urge that we express our displeasure by not participating in this "rip-off."

Robert G. Fine Delray Beach, Florida

EARLY REGISTRATION

The practice of meet and race directors requiring early registration (almost a month for the 1997 Nationals in San Jose) and not allowing late registrations needs to be examined. Early registration, as it stands now, penalizes athletes, especially if they must withdraw because of injury or extenuating circumstances.

I have requested USATF Masters T&F Chairman Ken Weinbel to include this matter on the agenda for discussion at the athletes' meeting in San Jose. I would like to present some ideas on how to eliminate the need for early registration and reduce the amount of pre-meet paperwork (seeding of heats, for one).

Andrew Hecker Ventura, California

NEW AGE-GROUP ATHLETES

I have been a subscriber to NMN for many years and never have been listed when I moved to another age group. Before I renew my subscription, I would like an explanation as to why I have always been left off your list

Joe Cusic Portland, Oregon

(The list is compiled by Pete Mundle, World and USA Masters Track & Field Records Chairman, and is composed of athletes who, at one time or another, have set a single-age record in an event. The list is not created to let an individual know when his or her birthday is, but to let others know. NMN has twice asked the USATF home office in Indianapolis for a complete list of all USATF-registered masters' birthdates, but USATF has refused, citing reasons of "privacy." – Ed.)

JAVELIN CLINIC

I conduct a javelin clinic every Sunday at noon at Saddleback College in Mission Viejo, Calif. For the past eight months, I've been coaching five masters throwers. We look forward to our workouts and informal competition and throw until we get tired. I coach and motivate at a very high level, but we also have a lot of fun.

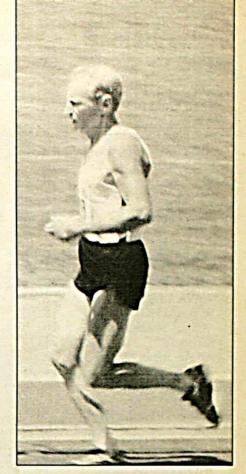
Please call me at 714-586-8995 for information or just show up at Saddleback College off the I-5 Freeway at Avery in Mission Viejo. I guarantee at least a 30-foot improvement at any level. Children over 12 are invited.

Larry Stuart El Toro, California

NO FALSE START RULE

Unaccustomed as I am to disturbing the status quo, I find myself strangely compelled to reply to Starter-Sprinter-Director Hank Nottingham's even stranger defense of his position on having the "no false start" rule rescinded. After reading his wordy effort in Speaker's Corner (July NMN), I can feel his personal and individual passion in desiring to bring down the entrenched power structure that now exists within the masters USATF organization, which, through its "power and influence" have railroaded this particular bit of ugly legislation into being. Though I can't quite gather his reasoning, as it tends to fall back upon itself, I do, I believe, "feel his pain."

I'm sure he can substantiate his claim of 80-90% of sprinters nationwide feeling as he does. But without some factual evidence, it seems unfair to make such a claim. Claiming that this huge percentage harbors a "burning resentment" for the "abuse" of the rule, seems to be an effort to incite the masses to rebellion based on his own personal dissatisfaction. I say that because I'm not at all certain regarding the dimensions of his cross-section of information. For example, every person that I have talked to since his plea came forward, has said that they really like the rule the way it is - all three



Bill McChesney, 69, finished the 5000 in 21:13.62, Portland TC Masters Meet, Gresham, Ore., June 14-15. Photo by Suzy Hess

(my mother and both of her canasta partners).

In no way would I endeavor to prevent him from stating that "a small group of people for a number of years have refused any consideration of what the vast majority really wanted," but wouldn't it have more meaning if he were to name those people and enumerate their transgressions of inconsideration?

At any rate, Hank appears ready to do battle with the establishment. It would seem that he has already formed a boycott of himself and "some" others who now refuse to compete where the rule is enforced. (I wondered where all the sprinters had gone!) Failing in that maneuver, or simply desirous of speeding up the process, he has purchased a "Petition" that can be sent in expressing the dissatisfaction of all of those who are dissatisfied. Nothing

Continued on page 9

NATIONAL MASTERS NEWS

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Masters Athletics is booming!

The National Masters News is the official world and U.S. publication for masters track & field, long distance running and race walking. It contains information you can't get anywhere else. Subscribe Now.

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Nine Join NMN Sustainers

Each month, NMN publishes a list of "sustainers," those who help the National Masters News and masters athletics by making contributions. These extra funds allow us to publish more photos, deeper results, an indepth schedule section, and more.

Special thanks this month go to:

Ray Bzibziak
Rodney Brown
Mathew Byrnes
Paul Heitzman
Alfreda Igglehart
Frank Kishi
Charlene Soby
S Sunles
Louis Turbeville

Clarence, New York
Cedar City, Utah
Boone, Iowa
Eudora, Kansas
Los Angeles, California
Los Angeles, California
Chicago, Illinois
New York City, New York
Honolulu, Hawaii

beyond.

Demographics

Preview of Nationals

Continued from page 1

be a special guest speaker. Cost of the barbecue is \$20.

Athletes must make a final declaration (sign-in) in person at the track at least two hours prior to the listed start time for the event. Athletes who do not sign in, will be scratched from that event.

Relays

Relays must be comprised of duly accredited athletes from a single club, association, or region. Teams will be divided into 10-year age groups. Entries will be taken on-site only. Entry fee is \$40 per team.

Special Events

The popular, annual age-graded 100meter races for men and women will again be staged. Based on the WAVA age-graded tables, the races will feature the winners of each 100-meter final (see distance handicaps below). The races will be held Sunday afternoon and are sponsored by the National Masters News, with \$300 prize money (\$75 first, \$50 second, \$25 third) for each race.
Athletes' Packets

Athletes' packets will include time schedules, updates, bib numbers and medical information. The packet pickup area will be located in the main gymnasium at City College, adjacent to the track.

Officials.

Age Men Women

30 100.0 100.0

31 100.0

32 100.0

33 100.0

98.6 36 98.0 97.4

96.7

95.4

94.8

94.2

93.6

92.9

92.3

91.7

91.1

90.5

89.3

88.7

88.1

87.6

85.2

84.1

83.5

82.9

82.3

81.0

80.4

54 87.0

56 85.8

58 847

34 99.3

35

40

41

42

43

48

49 89.9

50

51

52

53

57

59

60

All officials will be certified USATF officials. Many have worked USATF Championships as well as the Bruce

DISTANCES TO BE RUN IN

AGE-GRADED RACES

100.0

100.0

99.7

99.0

98.2

96.8

95.3

94 6

93.9

93.2

92.5

91.8

90.4

89.7

89.0

88.3

87.6

87.0

86.3

85.6

83.7

83.0

82.4

81.7

81.0

79.6

78.9

78 2

77.5

Age Men Women

66 79.7 76.7

75.9

75.1

74.3 73.6

72.7

71.0

70.1

69.2

68 3

67.3

66.4

65.4

64.5

63.5

62.4

61.4

60.4

59.3 58.2

54.9

53.7

52.6

51.3

50.1

48.9

47.7

46.4

41.2

67 79.0

68 78.3

69 77.6

70 76.9

71 76.1

73 74.5

74 73.7

76 72.1

77 71.2

78 70.4

79 69.5

80 68.6

81 67.7

83 65.8

84 64.8

85 63.9

86 62.8 61.8

89 59.7

90 58.7

91 57.6

92 56.4

93 55.3

95 53.1

96 51.8

94

54.2

97 50.6 45.1

98 49.4 43.8

99 48.2 42.5 100 47.0

82 66.7

75 73.0 Jenner meet.

Jim O'Neil

San Diego's Jim O'Neil, the only athlete to compete in all 29 National Masters Championships, is expected to be on hand to keep his streak alive.

Transportation

San Jose International Airport is just three miles from downtown San Jose. Two other airports, in San Francisco and Oakland, are within 45 minutes of San

Amtrak links San Jose to Sacramento and connections throughout Northern California and the USA. CalTrain links San Jose to all cities along the 50-mile route to San Francisco. The San Jose train station is located in downtown San Jose, within walking distance of many of the hotels.

A new county-wide light rail system ties major downtown San Jose stops with area attractions, shopping and dining.

A list of major hotels and dorms was published in the July NMN.

Weather

The weather should be ideal, with temperatures in the mid-70s or 80s, low humidity and virtually no chance of

Sightseeing

San Jose is at the center of the world's top technology region. San Francisco is an hour's drive north, Monterey/Carmel is an hour south, and Yosemite National Park is three hours

Attractions include the Children's Discovery Museum, Raging Waters amusement park, Great America theme park, the Winchester Mystery House, the Tech Museum of Innovation, the Santa Cruz beach and boardwalk, and

San Jose is the third largest city on the West Coast and the 11th largest city in the USA. With a population of 805,000, San Jose is larger than San Francisco; Boston; Washington, D.C.; Seattle; Miami; Denver; and New Orleans.

the Monterey Bay Aquarium.

Other available activities include a

day of golf and sightseeing on the

Monterey Peninsula and a tour of one

of the region's fine wineries. The orga-

nizing committee will help to arrange

easy day trips or excursions to points

The city possesses a new convention center, luxury hotels, modern trans-portation, fashionable boutiques and shops, and lively entertainment. A \$2 billion downtown renaissance has created a vital urban center. San Jose ranks as one of the safest big cities in the USA, scoring the lowest crime rate among the 36 largest U.S. cities in two consecutive years.

Fifteen hundred of the 2500 largest electronics firms in the U.S. are located within a 30-mile radius of downtown San Jose. The fifth largest TV market in the U.S., San Jose ranks third in the U.S. in median household income, with \$45,622. Nearly three million people live within a 30-mile radius of downtown San Jose.

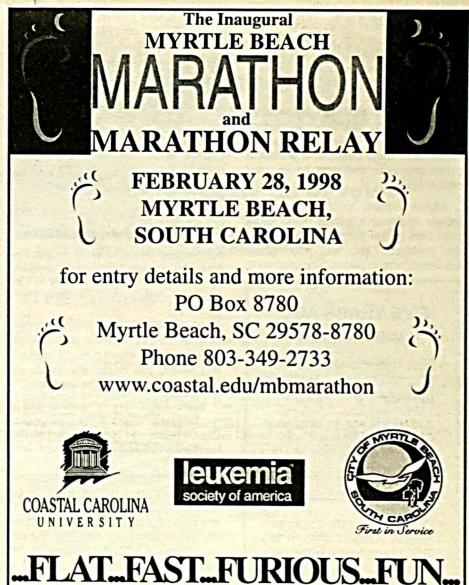
Results

Complete results of the meet will be published in the September issue of NMN.

Paul Fragua, Albuquerque, N.M., winning the M35-39 800 (2:02:37) in the 1996 USATF Masters Championships in Spokane. This year's championships are scheduled for Aug. 7-10 in San Jose, Calif. Photo by Suzy Hess

SITES OF NATIONAL MASTERS TRACK & FIELD CHAMPIONSHIPS

1	1968	San Diego
2	1969	San Diego
3	1970	San Diego
4	1971	San Diego
5	1972	San Diego
6	1973	San Diego
7	1974	Gresham, OR
8	1975	White Plains, NY
9	1976	Gresham, OR
10	1977	Naperville, IL
11	1978	Atlanta, GA
12	1979	Gresham, OR
13	1980	Philadelphia, PA
14	1981	Los Gatos, CA
15	1982	Wichita, KS
16	1983	Houston, TX
17	1984	Eugene, OR
18	1985	Indianapolis, IN
19	1986	New York City
20	1987	Springfield, OR
21	1988	Orlando, FL
22	1989	San Diego
23	1990	Indianapolis, IN
24	1991	Naperville, IL
25	1992	Spokane, WA
26	1993	Provo, UT
27	1994	Eugene, OR
28	1995	E. Lansing, MI
29	1996	Spokane, WA
30	1997	San Jose, CA
31	1998	Orono, ME
32	1999	Orlando, FL





Home-Tested Tips From The Internet

If you're looking for information on track & field or road racing, the Internet has dozens of different sites to visit. You can get expert coaching advice, scientific articles, results, records, profiles, and stories. You can look for soul mates or hook up with sole mates by letting others know your specific needs or communicating directly in a chat room.

There's also all kinds of home-tested advice from everyday runners, little tips that you don't always find in books or publications. One selection in the Runner's World site has about 40 such suggestions. Here are some selected tips ranging from baby wipes to buttocks-tightening that may help you in the pursuit of your goals.

Baby Wipes: "On long runs I carry a few baby wipes in a small zip-lock sandwich bag," writes someone identified only as DSruns. "They stay cool to wipe your face in hot weather and they're there for that emergency pit stop when the port-a-john is out of paper."

Hot Peppers: Mild poblanos to fiery hot jalapenos are low in calories, nearly fat-free, loaded with vitamins A and C, and can increase calorie burning by as much as 25 percent according to an unidentified contributor, who believes many competitors are missing out by not including these as part of their regular diet. Moreover, the writer states that they contain a chemical called capsaicin that may be an anticancer agent.

Match Books: Andrea 534 recommends wedging a match book under your heel if you have an Achilles tendon problem. "This will help reduce the stress," she explains. She goes on to

FIVE YEARS AGO August, 1992

- 25th National Masters T&F Championships Held in Spokane
- 230 Compete in Hayward Classic in Eugene
- Pierre Levisse, 40, defeats Nick Rose, 40, in Steamboat 4-Mile in Peoria
- Doug Kurtis (40, 2:23) and Sharlet Gilbert (41, 2:38) Top Masters in Grandma's Marathon



Pat Donohue, 43, and Bill Vesey, 48, both from Alexandria, Va., who finished in the same time of 64:20, George Washington Parkway 15K, Mt. Vernon, Va., April 20. Photo by George Banker

say that you should never stretch a tight muscle during a long run. "While stretching the muscle might make it feel better, you might also injure the muscle. I learned that the hard way."

Milk Jugs: If you want to run at work but don't have a place to shower, Chris Presley of Chattanooga, TN, recommends filling up milk jugs with water and taking them to work with you. "My husband and I put two threegallon milk jugs full of water in the back of his pick-up before heading to work in the morning," she explains. "After our afternoon runs, we use one each to 'shower' in the parking lot. We then change in a local bathroom or in the bushes and go on with our evenings without having to go home to change."

Trout Lip: "Envision a trout when you bring it out of the water," writes Bruce Willenbrock of St. Charles, MO. "It's bottom lip is always hanging down. While on a long relaxing run, droop your lower lip and jaw in the same manner and the rest of your body parts will relax with it. My partner and I use this method while marathon training and it really makes a big difference." (But try not to look too unhappy.)

Nipple Covers: To solve the problem of nipple chafe from singlets, Pat Caffrey of Massapequa, NY., recommends placing band aid "dots" over the nipples rather than the more common Vaseline method. The Vaseline wears away, but the dots will stay on for an entire marathon, Caffrey explains.

Reverse Running: Donald Davis of Cape Cod recommends reverse running as a way to improve your forward running. He doesn't say why, but apparently it strengthens or stretches the legs in ways that forward running doesn't. Davis suggests using a track until you get the hang of it.

Hip Alignment: If your hips are out of alignment, Kristin S. of Boulder, CO, advises you to slowly walk backward for five minutes at a time and repeat it throughout the day. Kristin says it will not correct the problem but will provide temporary relief.

Dog Defense: Allison Perry of Seminole, FL, doesn't throw rocks at attacking mongrels. Rather, she gets low to the ground and looks the dog straight in the eye while pointing at it. "It's a sure remedy, trust me," she says. (But you might experiment with a few other breeds before doing it with a pit bull.)

Winged Running: For faster downhill running, tuck your hands in close to your armpits and let the arms hang at about 45 degrees, advises Jerry Johns of Elizabethtown, PA. "It gives you a lower center of gravity and it's much easier to run downhill."

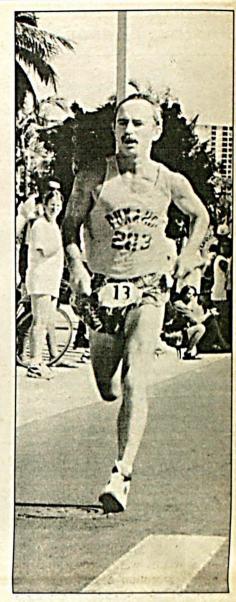
Environmental Running: Terry Stockdale of Casper, WY, picks up aluminum cans while running, flattens them, and tucks them in his shorts. "The kids get extra dollars from recycling; it cleans the environment and breaks up the monotony of easy and long runs," he reports.

Substitute Hills: If you don't live close to hills, Wiz5347 of Neenah, WI, recommends running up parking ramps in buildings at least five stories high. "I suggest running in the center of the ramp," he says. "This way, if a car backs out, the driver will see you and you'll be able to move to the safe side.

Reverse Bra: Becky Hayward of Toledo, OH has found that turning her bra and underwear inside out helps prevent chafing. "Plus, it's more comfortable," she adds'

Shampooed Feet: Putting a little shampoo on your feet helps prevent blisters, according to JMH0428.

Horse Liniment: If you have Achilles tendon problems, try soaking



Michael Georgi, 44, first master (22:06), King Kamehameha Kukini 4 Mile, Honolulu, June 7. Photo by Tesh Teshima

an ace bandage in horse liniment and then wrap it around the affected area. "The liniment relaxes your muscles, ligaments, and tendons, and acts as another bracer," offers William Huston.

Tight Buttocks: "While jogging, concentrate on tightening the buttocks," advises Wmccarth@aol. "After a while it becomes a habit and unnoticeable. I found it eliminated bouncing and led to a sort of gliding easy ride."

Pipe Cleaners: Ellen Adams of Farmington, MI, recommends using pipe cleaners to make shapes of your running goals. "We keep our pipe cleaners with us all day before the race; it helps your mind realize your goals."

Forced Yawn: "Before I head out on a long run and during the first mile or so, I gently force myself to yawn," writes Taylor Baird of New York City. He says it relaxes the body and the mind and allows you to continue on "auto pilot."

Play Time: When kids complain about mom going out for a workout, Gayle Berryman of Mililani, HI, recommends telling them you're going "to play." She says kids understand that, so they can't imagine mom not running."

(Comments, suggestions, ideas, insults, whatever, can be sent to Mike Tymn at METGAT@aol.com)

Hayward Classic

Continued from page 1

On Saturday, Dan Bulkley, 80, Phoenix, Ore., broke the M80-84 world record of 11:39.03 held by Eugene Keller for the 2000m steeple-chase with an 11:11.20. John Hepner, 65, Springfield, Ore., lowered the M65-69 U.S. record of 8:23.74 by Avery Bryant for the steeplechase with an 8:10.29. On Sunday, Bulkley erased the world record of 68.0 by Karl Trei for the 300mH with a 65.03.

In the National Masters News Age-Graded Mile, John Keston, 72, McMinnville, Ore., the 1996 USATF Masters Long Distance Runner of the Year, ran a 5:51.44 to win the NMN \$50 award, with an age-graded 90.5%. The field consisted of 14 men and 2 women, ages 32 to 72. Keston's time was also a single-age world best.

Paul Heitzman, 66, of Kansas, 1997 M65-69 indoor champion in the 800, 1500, and 3000, was the second-best miler with a 90.0% 5:28.77, for which he received a \$25 award from the NMN. The overall winner was Dale Londos, 32, of Eugene, in 4:25.53.

Montana's Tom Gage, 54, ex-Olympian in the hammer, won a \$25 prize from the Seattle Masters Athletic Club for the best age-graded weight throw of 53-31/2 (79.3%) with the 35lb. implement.

The awards were presented at the athlete's reception Saturday evening hosted by the Oregon Track Club Masters, the meet sponsors, at the meet headquarters Phoenix Inn.

Lance Deal, silver medalist in the hammer at the 1996 Atlanta Olympics and holder of the U.S. hammer record and weight throw world record, con-



Dan Bulkley, 80, broke M80-84 world records for the 2000m steeplechase (11:11.20) and 300H (65.03) in the Hayward Masters Classic Meet. Photo by Jerry Wojcik

ducted a clinic sponsored by the National Masters News on Saturday.

In the sprints, Paul Edens, 56, Portland, Ore., with a 92.2% 12.46 in the 100m, and Mary Libal, 47, Corvallis, Ore., 1996 USATF Masters T&F Woman Athlete of the Year, with a 91.6% 13.09 in the 100m, were the top performers. Cindy Steenbergen, 43, of Texas, won the W40 race with a 90% 12.92.

Jack Craig, 47, ran the 110mH in an A-G 92.3% 16.00. Keith Nelson, 42, high jumped 1.96/6-5, an A-G 92.4%.

World record holder Joe Keshmiri, 59, Reno, Nev., hit a 15.32/50-3 mark with the 6kg shot for the meet's top age-graded performance of 100%. Record holder Ross Carter, 83, of Eugene, was the best in the discus, with an 89.9% 33.40/109-7.

Ninety-three-year-old Myra Fromme, of Eugene, who ran the 100, was featured in local television sportscasts. Results and short articles on the meet were published in the Eugene Register-Guard.

The team competition, instituted in 1996, was again won by the host Oregon TC Masters, whose men and women outscored their counterparts from the Portland Masters TC, winning by a total of 1184 to 798. The Seattle Masters AC, predominantly throwers, scored 146.

Participants found the weather almost perfect on both days, except for a slight shower on Saturday. The usual large number of meet officials, volunteers, and support staff that characterize Hayward Field meets was on hand.

Despite some glitches in the reporting of results on the first day, athletes gave the meet high marks. At the athletes' reception, Paul Heitzman, second in the Age-Graded Masters Mile and winner of the M65 3000 (10:56.15), said, "We don't have anything like this for masters in Kansas. I hope to be back next year.'

The meet was also the USATF Oregon Association Masters Championships. The first eligible finisher in each event was awarded an association championship patch.

As participation in masters meets below the national championships level appears to be stagnant, the Hayward Classic keeps growing on its reputation for being a high-quality meet. It's one of the few meets that keeps meet records, which were published in the program, along with the Oregon Association Championships records.

Ruth BreMiller and Frank Lulich were the meet directors. Dick Lee served as meet referee. Miles Smith was in charge of computer operations.

The major sponsors were Pacific Continental Bank, Carter & Carter Financial Center, Duncan & Brown Real Estate Appraisers, and Oregon Track Equipment. The cities of Eugene and Springfield contributed the use of Hayward Field for both days.



In her sixth appearance at Grandma's Marathon, England native and NYC resident Gillian Horovitz wins the masters women's race in 2:52:50 in Duluth, Minn., June 21.

Photo by Jeff Frey & Associates

Grandma's Marathon

Continued from page 1

(2:52:50). W45 winner, Marina Jones, also cracked the three-hour barrier (2:58:20) and picked up \$700 in prize money. Third-place women's masters finisher (second in W40), Jean Davis, earned her \$300 with a time of 3:00:11.

Other top masters times were turned in by John Keston, first M70 (3:08:01), Gloria Jansen, W50 winner (3:08:36), and Robert Behrens, M50 champion (2:51:31).

The race started at 7:30 a.m. with humidity at 90%, and a temperature of 61 degrees which climbed to a high of 82 degrees under clear skies.

This year's Grandma's Marathon had 7470 entries, the most in 12 years. There were 5468 official finishers -3840 men and 1628 women.

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The Foot Beat

by JOHN W. PAGLIANO D.P.M.

Flat Feet

I am a 56-year-old runner with flat feet. My condition has never bothered me very much until recently when I decided to increase my training efforts. After a hard workout, the muscles in my lower leg and foot become very sore and swollen. Will flat feet cause this problem? What can I do to eliminate the soreness?

The pros and cons of flat feet have been debated in athletic circles for years. Some flat feet range in severity from a very mild forefoot deformity to a foot that becomes unstable during normal walking.

The forefoot deformity, which allows the foot to over-pronate or turn and twist excessively, can cause painful leg fatigue by making the muscles and tendons of the foot contract prematurely. This condition can also put stress on the lower leg and cause muscles to over-compensate.

Since you are only experiencing discomfort as a result of an increased training schedule, it would seem that cutting back your workout routines should help alleviate the problem. Also, switching to proper-fitting shoes

is a good idea.

If the condition remains the same or worsens after you reduce your running, it would be advisable to have a thorough biomechanical examination by a foot specialist.

(Dr. Pagliano is a runner and a podiatrist in Long Beach, California. He is a member of the American College of Sports Medicine. If you have a foot, ankle or Achilles question, write to Dr. John Pagliano, The Foot Beat, NMN, Box 50098, Eugene, OR 97405)



Jerry Wojcik (center), National Masters News Senior Editor, with top performers in the NMN Age-Graded Mile, Hayward Classic Masters Meet, Eugene, Ore., June 28-29. John Keston (right), 72, received a \$50 prize for his age-graded best 90.5% 5:51.44. Paul Heitzman, 66, was awarded a \$25 check for the second-best performance of 90.0% 5:28.77. The awards were presented at the athletes' reception on Saturday evening at the Phoenix Inn in Eugene.

Photo by Suzy Hess

Stiff Winds Challenge Los Gatos Athletes

Strong winds spoiled any chances at records by some of the top masters sprinters in the U.S. at the Los Gatos Open & Masters Meet at Los Gatos High School in Northern California on June 14, but didn't diminish the degree of competition.

In the 100, Marty Krulee won the M40-44 race over Kevin Morning, 10.6 to 10.9, but Morning showed more stamina in winning the 200, 21.9 to 22.1. Sprinter and world record holder Irene Obera, W60, posted wins in the 100 (13.9) and 200 (29.3). National champion at Spokane in 1996, Don Cheek won the M65 100 in 13.1. Former Senator Alan Cranston, 83, California, on the mend from prostate cancer, ran the 100 in 19.8.

Dave Salazar, M45, ran the fastest times for M40-and-over runners in the 400 (55.1) and 800 (2:06.9). Dee Dee Grafius, national record holder in the

800, won the W45 race with a 2:26.4.

In the high jump, Keith Nelson, M40, managed a 6-4, despite swirling winds.

Ron McKee, M35, stole the show in the throws with a 55-11½ shot put and a 154-4 hammer throw with the 16-lb. implements. John Hansen took the M35 javelin throw with a 174-6. World record holder in the shot, Joe Keshmiri, M55, was the top discus thrower of the day at 164-3.

Dick Petruzzi, M65, in 28:08.8, and Joan Nedelco, W50, in 28:14.6, recorded event best times in the 5000 racewalk.

The steeplechase was held at West Valley College, and the throws at KELfield, Santa Cruz. Many of the meet's participants are expected to compete in the 1997 National Masters Championships to be held in nearby San Jose on August 7-10.

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Stookey Excels at Randolph Classic

by TOM HARTMAN

The 12th annual Randolph Classic T&F Meet, June 22, was again a New Jersey picnic for 67-year-old James Stookey. The 1996 Masters Athlete of the Year had a septuplicated spree of running and jumping victories before sidling up to the barbecue. Five of Stookey's wins were world class, agegrading at 90% or better. His long and triple jumps were merely in the 89% level.

While Stookey rested, thrower Len

Olson, 65, won four of the five events remaining in the M65-69 group. New Jersey Masters Athlete of the Year, Jim Manno, 76, had three wins, including a 15.0 100m mark. Masters Hall of Famer Toshiko d'Elia, 67, kicked off the meet with a relaxed 24:43.0 5000.

Other athletes whose performances exceeded the A-G 90% level were Joe Johnson, 52, Alex Johnson, 64, and Ed Cox, 69, in the 100; Sal Allah, 37, 400; and Olympian steeplechaser Vic Zwolak, 59, mile.

Tunnicliff, Richards Star in Texas Meet

by JERRY WOJCIK

Sue Tunnicliff, 60, and Dick Richards, 63, had Texas-size marks in Dallas at the Texas Masters T&F Championships, July 5. Tunnicliff, of Oklahoma, increased the W60-64 world pole vault record of 1.85/6-3/4 by Leonore McDaniels to 1.90/6-23/4.

Richards, of California, topped all age-graded performances with a 97.3% 12.41 in the 100. Second-place was Paul Johnson, 62, at 94.8% with a

12.63. The 200 was a reprise with Richards at 25.60/95.9% and Johnson at 25.63/95.0%.

Cindy Steenbergen, 43, won the 100 (12.82) and 200 (25.74), also in worldclass 90+% level times.

Courtland Gray, 53, went over the 400H in a 93.3% 61.48. Mack Stewart, 59, won the 800 with a 91.2% 2:18.19. Wendell Palmer, 65, with a 93.2% 13.70 in the shot put, was the best thrower of the meet.

Write On

Continued from page 4

wrong here, except that all the crosssection of the petition will show is those in disfavor. If Hank is truly interested in what the "masses" want, shouldn't he ask for a plus or minus vote on the issue? As I recall, that's exactly the way it was done at the last general meeting when it was brought to the floor.

Certainly I agree with him that it costs a lot of money to go to and participate in any meet (\$500-\$1000), but if money is the central issue (or part of it), how much would I have to expect to pay for a couple more extra false starts or a couple more extra throws or jumps? Can money really be any part of the logic? How about allowing the rule to remain in effect if the meet only costs each sprinter six dollars? (Okay, three!)

Not being all that erudite on the physical and psychological dynamics of starting, I still don't quite follow how, as a master sprinter, this has anything to do with awarding another false start. A simple recommendation is this: When you hear the gun – start running!

The toughest for me to assimilate from his article was the part about, "It's not the sprinters' fault, it's the starters!" Boy, I'll bet he's glad those starters only use blanks in their pistols.

Not being a starter such as Hank, I can only draw on my personal experience as one who has been "started." I calculate that over my past 25 years in masters T&F I have easily gone to the post more than a thousand times (I can actually substantiate this figure). I have never yet had a single false start. Of course, allowing Hank full latitude, I may simply be one of the "passive" starters as opposed to a more "active" one (his term). Still I have managed to win a share of these starts. Managed a world record or two, also.

The reasons Hank gives for faulting the starters (and remember, he is a starter) are twofold: 1) they let the sprinters "get away with it," and 2) they fire the gun before the mandated two full seconds have elapsed. Principally, he faults the starters for "caring too much." That's okay, the caring thing. It is, however, against the rules in both instances. Starters may not want to disqualify any runner. However, accusations of violating the rules in order to salvage runners by letting them go, or firing the gun so quickly that nobody can beat it, places an unfair and demeaning mantle across the shoulders of all starters, condemning them en toto. But, if Hank would just give us some names ...!

When he brings in the semantical verbiage of "guessers vs. cheaters" I am once again lost. Surely he doesn't intend one as a euphemism for the other. But it really doesn't matter in the end. All we are hoping to accomplish by running the race is to award the most deserving person (preferably the one who gets to the finish line first) all that the glory of victory accords. We

establish rules that prevent some guesser or cheater from taking away the glory of the moment and having it awarded to himself.

Finally, Hank says, "Where's the fun in getting DQed?" Well, unless one is a dyed-in-the-wool masochist, I'd have to agree that it isn't a lot of fun to be DQed. However, it's not a whole lot of fun to be beaten out of the glory of a victory because someone who really didn't deserve it "out-guessed" you.

Yes, there are a myriad excuses for false starting other than being a "cheater." Hank named a number of them: nervousness, distractions, concentration, comfort, etc. I could add others: eating too much, not eating enough, shorts are too tight, the stock market, a bad night with the old lady. But, metaphorically speaking, what's all this got to do with the price of bread?

Look for my "Petition" in the next NMN. I'm petitioning on behalf of myself and all my fellow pole vaulters to be allowed to keep trying at each height until we finally get over it. Hey, it could happen!

Phil Mulkey Marietta, Georgia

SENIOR CLASSIC

I want to thank the organizing committee of the US National Senior Sports Classic in Tucson for providing the participants with a great time. The shuttle bus drivers were always courteous and on time. The volunteers were the best, always on hand to help when needed. Thanks again.

Ken & Dolly Straley Hughsonville, New York

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Masback Chosen New USATF Executive Director

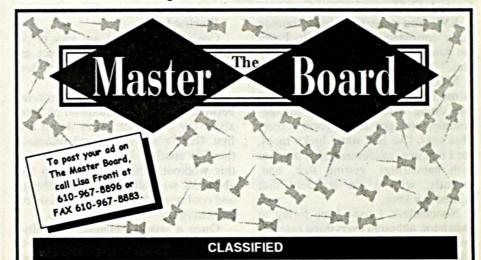
Craig Masback, 42, has been selected as the new executive director of USA Track & Field, replacing 60-year-old Ollan Cassell, the organization's chief administrator since its inception in 1980. The appointment was announced July 16 and ended a seven-month search, after Cassell was voted out of office in December but stayed on until a successor was found.

Masback, the 1980 national indoor mile champion, former U.S. indoor record holder for the 3000, and practicing attorney in the District of Columbia, has remained in the sport as a member of USATF's board of directors and as a TV commentator. His contract with USATF will take him through the 2001

World Championships for an estimated \$150,000 per year.

Speaking of masters athletes in an article in *The Washington Post*, Feb. 21, 1997, Masback said, "No one has really tried to get to these people. It seems to me at every meet there ought to be races for kids and for seniors... A lot of this is just Marketing 101. But no one has ever really done it the way it should be done."

Masback is faced with the task of reviving a sport in the U.S. that, except for enthusiasm during Olympic years and participation on the high school level, has lost its ability to create public interest and draw crowds to major meets as it once did. □



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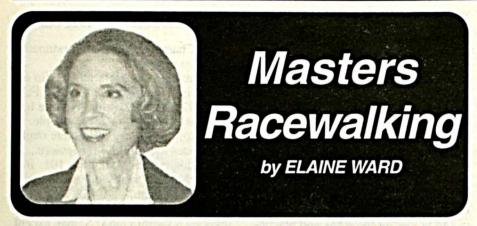


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Max Green - Training For The Big Race

Max Green set an American record (M65) at the National 15K Racewalking Championships, May 18, at Elk Grove Village, Ill., en route to this month's WAVA meet in Durban, South Africa. Max's time: 1:25:38. The old record set by Jack Starr: 1:32:55.

EW: You must have been training fairly consistently and hard to lower the American 15K record by 7+ min-

MG: I've been training, but actually not as well as last summer when I was doing better, according to agegrading, and got some good scores. This year, I've had some lucky races, but I had one misfortune after another with hamstrings, getting sick, and, recently, with a car accident that injured my knee.

Nonetheless, I have been trying to train hard, although everything is tentative. I know what gets good results, but if I really try to do it whole-heartedly, I pull muscles, so I have to watch it.

EW: When you say you know what brings good results, what do you mean?

MG: Two years ago I bought a book about running, written by Sebastian Coe's father, who is an English physiologist. I adapted it from running to walking, as I noticed that the races they did were about twice as fast as I could walk. So whatever distance Coe gives for runners, I halve the distance to put in the same time.

The book focuses on runners training for 5K and 10K. For a 10K it takes between 25 and 30 minutes, which translates to racewalking a 20K in around two hours.

Workouts

Coe's training ideas are very helpful. The workouts I prefer aren't as hard as before, but I think they are more valuable:

2 x 4K twice a week: This means between a 5:30-5:45 kilometer pace or about my 20K pace. After doing the first 4K, I plain walk for 5 minutes, then do another 4K. However, to do this workout, I have to warm up for about 3K with all kinds of stretching, and cool down for about 2K with more stretching.

Once a week (between 5-8 minutes): If I do this workout once a week for one to two months, my times come down. The way this works is:

Workout 1: 2 x 1.6K (3.2K or about one mile). I don't do these very hard; they are a little slower this year than last.

Workout 2: 3 x 1K at about 5:08 or 5:10 pace with a 5 minute rest between each 1K.

Workout 3: I will try 4x800 again for about 3K. I do the 800s in 4 minutes now.

Workout 4: I might do 6x500m. Again equalling 3K. I try to do the 500 in 2:25 or 2:27. But that is fast and a bit "iffy" on my legs.

Workout 5: I'll try 100s and 200s. For example, 100, 200, 100, 100. I just plain racewalk for 10 minutes in

between. I have done this twice this year, but both times my hamstrings acted up.

I had good results from these workouts last summer. I was really pleased with some races, but then I got hurt by the end of the year. In Coe's book, he says that the main trouble with older runners (the same would be true for racewalkers) is that when they do hard workouts, they can't recuperate quickly. I guess some old guys don't have these troubles, but I do.

EW: It sounds like you are beginning to know, and even accept when you are doing too much.

MG: You know I am 65. Our bodies change.

EW: Even so, you set the 15K record with over a 7-minute margin.

MG: I know, but it was only a .87 on the age-graded scale. I worked hard and it was a good race. I couldn't have done it faster. However, it seems that if I could be injury-free for three or four months, I could probably do it one minute faster.

EW: How would you get injuryfree?

MG: It's not possible. I went to see a sports medicine doctor a couple of years ago. She said I had to monitor myself. If it starts to hurt, quit. If there's a delayed onset and it hurts the next day, go easier. Then she said, if it starts to hurt too much, don't go six days a week, go five days or four days and do a lot of strengthening exercises, which I have been trying to do.

DQ at Indoor Nationals

MG: You know I got DQ'd in the National Indoors?

EW: What were you doing?

MG: Well, I got one warning for a bent knee and two for lifting. They had good judges there, and I think I was lifting. It was a banked, 200-meter track. It was the nicest inside track I have ever seen. Very fast. Some Englishman had an age-group record for M65 at about 15:40. I thought, "boy, I can do that." I was feeling good and Jack Bray was there ahead of me, leading me on. But then I did some passing down at the ends where it's steeply banked. When I got into the second or third lane, I was thinking,

Stan Chraminski, M45, on his way to an event best 25:12.26 in the 5000 racewalk, Hayward

best 25:12:26 In the 5000 racewalk, Hayward Masters Classic, Eugene, Ore., June 28-29.

Photo by Jerry Wojcik

"I'm going too far up. I have to get back down." So I hurried down that little slope and got in the air.

EW: Are you suggesting that you flew down.

MG: Right. Literally flew and you're not supposed to fly. You're supposed to stay on the ground. I didn't think I was doing it. But I don't fault the judges. They could see me. I couldn't see myself.

The thing about it is, I walked a real good time at the Indoors – 15:17. I could have eased up and still made the record. That is what you call hubris. Pride goeth before a fall.

So I've been trying to concentrate on staying lower and being right. In the 15K I didn't get a caution or warning. No one said my name or number. And again, there were good judges. Whoever the judges are, I want to look legal to them. But you have to concentrate every step, because if you don't concentrate, if you are in a hurry, you may start bending and pushing off.

EW: You're now the baby in your age group.

MG: It is kind of nice once every five years to be anxious to get a year older. And it's nice to be involved in something that makes that take place.

(The racewalk section in the next issue of NMN will be devoted to Durban.)

Masters Age Records (1996 Edition)

Compiled by WAVA and USATF Masters T&F Records Chairman Pete Mundle with Rex Harvey, Shirley Dietderich and Beverly LaVeck.

- Men's and Women's World and U.S. Age Bests for all Track & Field Events, age 35 and up, as of Oct. 31, 1995.
- U.S. Age bests for Men & Women for all racewalking events, age 40 and up. as of Oct. 31, 1995.
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TEN YEARS AGO August, 1987

- Ken Dennis Sets Two M50 WRs (100/11.2, 200/22.9) in Northern California Senior Classic
- Phil Raschker Breaks W40 100 WR (11.9) and Sets U.S.. W40 High Jump Mark of 5-0
- Payton Jordan (M70, 26.8, 200), Tom Patsalis (M65, 35-2½, TJ), and Del Pickarts (M60, 183-8, JT) Smash WRs in SCATAC Meet

Racewalking for Fitness and Fun

by ELAINE WARD

Lionel Lawson (M55) has had a very long involvement with racewalking, starting in school in the 1950s. But, abandoning this as a viable sport, he competed in track and field with a 4:29 mile at age 18 and a 5-8 high jump. He also competed in crosscountry, played rugby football as center, swam, and played cricket for his school.

In 1960, Lawson went to France for computer training at the IBM School on the IBM704 and 709. "Now there's some history for you," he reminisced. "I wonder how many of those who worked on the 704 and 709 are left in the world. I'm the only South African left. The others died of early heart attacks. I went on to the 360!

He worked for a while at Corbey Essonne where IBM had built a factory. They also had a good track and a racewalking team. He competed in a few local events in France and participated with some of the world's best.

"When I came back to South Africa, racewalking was on a variable course, Lawson said. "The existing racewalkers could be counted on one hand." He competed in a few walks, but the advent of the computer revolution prevented any real commitment. Giving up walking and all sport, he concentrated on a career in computers as an engineer, analyst and specialist pro-

Serious Training

Lawson began running again in 1982 after a visit to the USA and Canada. He took home some books and started seriously training for the Comrades Marathon, a 92K race with an 11-hour limit. Plagued by injuries, he returned to walking to break the injury pattern and gain fitness. It worked. Shortly after competing in the 1985 Comrades Marathon in 10:54, he was asked to start and train the Natal Racewalkers. This proved successful and he continued as coaching coordinator and athlete until 1992. He was awarded Provincial Colours as athlete coach, official, manager and veteran athlete after competing regularly at the local and national levels.

"Right now my own performance has seriously deteriorated as a result of the dreaded prostate problem," said Lawson, who was operated on in 1993 and again in 1995 with subsequent treatment, but has not really recovered.

Lawson's best recent times are a 5K in 30:45 and 20K in 2:04.

The Book

After years of giving out summary sheets in his classes, Lawson combined them into a book, Racewalking for Fitness and Fun. A sponsor had come forward requesting that he write

Does Your Heart Good.

American Heart Association

a training and coaching manual that concentrated on the techniques of walking and was South African based. The book took about six weeks to write and was on the book shelves within three months.

Lawson's book carries the support of the South African Sports Medicine Association and Kwa-Zulu Natal Athletics. The various chapters concentrate on technique, speed, strength and flexibility. The book is interspersed with details of designing a training program, endurance-gaining factors, heart rate monitoring to achieve training goals, and diagnosing walking technique problems. The text is complemented by many pictures and photographs.

Breath of Fresh Air

In the words of Dr. M.E. Moolla, President of the South African Sports Medicine Association, Racewalking for Fitness and Fun is like a breath of fresh air. Both the novice and the experienced walker are taken through the absolute basics to competitive events. "The program and technique discussed are second to none," said Dr. Moolla. "I not only wholeheartedly recommend walkers to use this book, but also runners and other sports persons who can use the manual during the rehabilitation period, post injury or, in fact, as a means of recovery from an arduous event."

Bobby Maharajh, President of Kwa-Zulu Athletics says, "Lionel Lawson must be complimented on providing the racewalking fraternity with a very interesting and challenging text. Using plain language and clear diagrams, he covers the simple and more complex aspects of the discipline with the purpose of presenting a practical approach to the sport. It should provide a valuable addition to the understanding of this rapidly developing discipline and I am honored to be associated with it."

(The North American Racewalking Foundation has three copies for sale at \$12.00 which includes postage. Orders: 818-577-2264.)

FIFTEEN YEARS AGO August, 1982

- Payton Jordan, 65, Sets Two World Sprint Marks (100/12.6, 200/26.1) in Pacific Masters T&F Meet
- Shirley Matson, 41, Wins Her 18th Event of the Year With a 38:29 10K in the Western Regionals
- John Knifton, 42, Wins 50K RW Championships in 4:47:29
- · Phil Raschker, 35, Sets Three U.S. Records (11.7/ 100, 25.5/200, 5-1/HJ) in Atlanta Masters Championships



Dearborn, Michigan September 27, 1997 Presented by The Wolverine Pacers Athletic Club, in cooperation with the City of Dearborn Parks and **Recreation Department**

Sanctioned by USA Track & Field Race will be governed by the IAAF rules. Drug testing may be conducted by the USA T&F Representative on September 27, 1997 (IAAF Rule 144). Shorts or solid color tights required for proper judging. Headphones and pace beeping watches prohibited.

Scholarships and Cash Prizes To top junior and international finishers (see "Awards" for details)

Contributing Sponsors

North American Racewalking Foundation Promoters of: Books, pamphlets and video cassettes on competitive and fitness racewalking; Racewalking classes and clubs: Special local, national and international competitions; Developmental opportunities for young athletes.

EVENTS SCHEDULE

Race Packet Pickup

Friday 9/26/97 6:00 p.m. - 9:00 p.m. @ Holiday Inn Saturday 9/27/97 8:00 am - 2:30 p.m. @ Levagood

- 9:00 a.m. 10:00 a.m.
- , 3 Km M,W Unjudged Healthwalk open to all ages with whole family emphasis.

10:00 a.m. - 11:15 a.m.

- 10 Km M "North American Junior Team" 10 Km M "International" Open (20+)
- * 10 Km M Seniors (20-39 in 5 year age groups)

11:15 a.m. - 12:30 p.m.

- 5 Km W "North American Junior Team" 10 Km W "International" Open (20 +)
- * 10 Km W Seniors (20-39 in 5 year age groups)

12:30 p.m. - 1:30 p.m. Free Racewalk Clinics - Novice and Advanced Refreshments

- 1:30 p.m. 2:30 p.m. * 3 Km W Youth (13 & under) * 5 Km W Juniors (14-19)
- * 5 Km W Masters (40 + in 5 year age groups)

- 2:30 p.m. 4:00 p.m. * 3 Km M Youth (13 & under) * 5 Km M Juniors (14-19)
- * 10 Km M Masters (40 + in 5 year age groups)
- Asterisked events are included in Racewalking Club Championship and are open to individuals as well.

EVENING PROGRAM

Holiday Inn Southfield Service Drive and Ford Road Detroit, Michigan 48228 (313) 336-3340

6:00 p.m. Cocktails (cash bar) 6:30 p.m. Buffet, Awards Presentation Dancing and Entertainment until 11:00 p.m.

Official Entry Form • Alongi International Racewalk Classic A Separate Entry Form Is Required For Each Participant September 27, 1997

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(Number)	(Street)	(City)	(State)	(Zip)
Age (on 9/27/97)	Male	Female	Birthdate	Acres 3
Phone:	Club):	USA T&F#	

Classic events. This is binding upon heirs, executors, administrators and assigns for all parties, jointly and severally. I agree and save all parties harmless from and against any and all actions, claims, demands, liabilities, loss damage or expenses of v kind or nature, including attorney fees, which may at any time be incurred by reason of my participation for the said Alongi International Racewalk Classic. I have full knowledge of the risk involved. I am physically fit and sufficiently trained.

Signature: Athlete

Parent or Guardian

(To be signed if under 18 years of age.)

T-shirt size: S 🗆 MO LO XLO Males and Females of All Ages: 3 km Unjudged Family Healthwalk

Club & Individual Events:

- 3 km W Youth (13 & under)
- □ 5 km W Juniors (14-19)*
- ☐ 10 km W Seniors (20-39)*
- □ 5 km W Masters (40-99)*
- □ 3 km M Youth (13 & under)*
- ☐ 5 km M Juniors (14-19)*
- □ 10 km M Seniors (20-39)*
- □ 10 km M Masters (40-99)
- International Events:
- 5 km W Junior Team (14-19)
- □ 10 km M Junior Team (14-19)
- □ 10 km W International Open (53 min. to qualify)
- □ 10 km M International Open (47 min. to qualify) See "Event Schedule"

Family HealthWalk

Ages 0-5 6-13 (Includes T-shirt)

14-99 (Includes T-shirt) \$10

N/C

Competitive (Judged) Walks (Includes T-shirt) Preregistered Late-registered (postmarked after 8/31/97) Race day entrants \$20 Extra T-Shirts @ \$8 @ \$6 **Lunch Tickets** Banquet Tickets_ @ \$12 Combination (Preregistered walk, T-shirt, Lunch & Banquet Ticket) \$26_

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Make check payable to: Alongi International Mail to: Vance Genzlinger c/o Genzlinger Associates 5700 Crooks Road, Suite 212, Troy, Michigan 48098



Aqua Running: Key to Success Onshore

Summer is here. The land is green. I love cool weather, but there's something inherently enjoyable about running in shorts and singlet and breaking a sweat. Summer also offers different training options.

My home overlooks Lake Michigan. One of the advantages this time of year is that I can run in the water. At least, where I live near the Indiana/Michigan border, the lake has a smooth and sandy bottom. I can't think of a better environment for aqua running.

Despite warm air temperatures, the water remains too cold, until the lake warms in July, to do my full water workout. But on a sunny day in June, I ran along the beach's edge.

I wore aqua shoes, allowing me to shift easily from shore to water. I ran a series of short spurts in knee-deep water, a form of interval training. Running in water slowed me down, so in a 30-minute workout I covered only a mile. But it's effort, not distance, that

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counts in aqua running.

Playing In The Water

Now the water has warmed, a more typical workout is to swim parallel to shore for 200-800 meters (depending on my level of swim fitness), then return running chin-deep. I can vary the type of aqua workout by moving to waist-deep water, knee-deep water, or even running along the shore.

Aqua running to me is a form of play, but it's also a good form of crosstraining, something we all need to consider as we get older and find that we can't run high mileage day after day. Aqua running is my favorite alternate exercise during the summer. When the lake begins to lose its heat in mid-September, I only reluctantly shift to other activities.

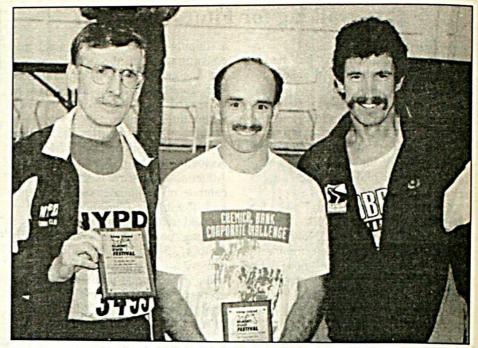
Deep-water running in a pool certainly is the most effective (i.e., sport-specific) form of cross-training for runners. Walking is an underrated activity. I also endorse cycling and swimming. Although both activities are less sport-specific, that sometimes can be an advantage. Cross-country skiing is my favorite winter activity, and I get edgy if there's insufficient snow in January and February. I also train on snow-shoes.

Still, you can't beat aqua running, particularly when recovering from an injury that prohibits you from participating in weight-bearing activities. Several years ago when I was still coaching cross-country at the local high school, Megan Leahy, my top runner, injured herself (stress fracture) during the track season. (The track coach was having her do plyometrics by jumping off boxes with weights in her hand!)

Rehabbing Megan

Hoping to rehabilitate Megan in time for summer training – if not for the end of the track season – I suggested she train in the pool. I found a wet vest and told her to use it to work out in the deep water, treading water, but mimicking the running movements as much as possible.

Megan quickly became bored, so devised a program of her own. First, she got rid of the wet vest, because she claimed it made treading water too easy. She would tread water for a while, swim laps for a while, do kicking with a board for a while, run at the



Top three finishers in the Masters Law Enforcement Division at the Long Island Police Appreciation 5K, Eisenhower Park, June 5, from left: Kieran Kelly (49, 18:41), Armando Valencia, and Lutz Hoffman (51, 19:03).

Photo by Mike Polansky

shallow end for a while, continually varying her routine. She turned the workout into a form of play.

Alas, the stress fracture failed to heal in time for her to return to the track in May, but Megan was ready to begin cross-country training in June.

Later that summer, when I took the team to Roy Benson's training camp in North Carolina, Roy asked me to lead a discussion on aqua training. I simply introduced Megan and asked her to describe her training. By that time, she knew more than her coach.

Effective Training

In Megan's senior year, she became injured again and missed the entire dual-meet cross-country season. Working with another coach, she returned to the pool. Because of the nature of the injury (hip tendinitis), she was forced to abandon her previous, playful routine. She reverted to the wet vest, alternating hard days of interval-type training and easy days of steady treading water, similar to what she might have been doing outside.

For six weeks, she trained in the pool. The week before qualifications

for the state meet began, the healing process was complete. She won the sectional, regional, semi-state and placed second at state leading her team to its second consecutive state championship. Don't tell me you can't train effectively in the water!

Megan is a gifted and highly motivated runner, but sometimes that can get you in trouble if you run too hard or log too many miles. My recent recommendation has been that she consider adding aqua running to her regular regimen – use it as a form of preventative medicine, rather than only to rehabilitate after an injury.

Lately, Megan has shifted some of her regular training to the pool, returning once more to her previous varied routine. Like me, once the lake warms she is able to do some swimming and running in deep water. Many runners could profit by following her lead.

(Hal Higdon is a Senior Writer for Runner's World, and author of "Boston: A Century of Running." His writing and information on training can be found on the Internet on his web site: www.halhigdon.com.)

Briggs, Wack Win DC Race for the Cure

by JANNA WALKUP

Led by honorary co-chairs Vice President Al Gore and Tipper Gore, the 8th National Race for the Cure 5K was held on the streets of Washington, D.C. on June 7. Runners welcomed the 56-degree weather, a distinct contrast from last year's sizzling mid-80 degree temperatures.

Bob Briggs, 40, of Springfield, Va. (16:09) and Linda Wack, 41, of Germantown, Md. (18:18) took masters honors. Second-and-third place masters finishers Kevin Ellis (16:54) and Richard Adams (16:56) also broke the 17-minute barrier. Mary Jo Donovan (19:19) and Jayne Fitzgerald (19:30) finished second and third, respectively, in the women's masters race.

Patrick Griffith (17:38) and Heidi Pirie (20:48) turned in impressive times to win the M50 and W50 divisions, respectively. Other age-group winners included Larry Dickerson, M60 (20:17), Dixon Hemphill, M70 (22:32), Doralie Segal, W60 (24:20), and Hannah Horowitz, W70 (25:50).

Runners started at 14th and Constitution Street NW, headed toward the U.S. Capitol, by Union Station, back on to Pennsylvania Avenue, and up across to finish several blocks short of the White House at the Regan International Trade Center.

More than 36,700 registered runners, joggers, and walkers took part in the event, which raised more than \$1 million for research, education, screening, and treatment of breast cancer.

Trojan Meet Draws World-Class Field

by JERRY WOJCIK

World-class performances and a U.S. record highlighted the Trojan Masters Meet at USC's Cromwell Field in Los Angeles on June 29. Two dozen marks age-graded into the international class level of 90%, particularly in the sprints and throws.

John Damski, 82, of Los Angeles, broke the M80-84 national record of 23-5¹/₂ for the triple jump held by Clarence Trahan, with a 7.56/24-9³/₄.

In the sprints, Ken Dennis, 60, won the M60 100m race with an age-graded 94.9% 12.44, but his performance was topped by second-place Dick Richards, 63, who came in with an A-G 96.1% 12.57. Stan Whitley, 50, won his division races with an A-G 95.6% 23.56 and a 93.2% 53.06.

Hal Tolson, 59, won the 100m with a 94.6% 12.40 and 200 with a 92.9% 25.61. Other sprinters in the 90% range included division winner Cliff McKenzie, 40, 93.8% 49.18, in the 400, and M45 first Fred Sowerby, 45, 92% 51.85, in the 400.

Irene Obera, 60, from the San Francisco area and world record holder in the sprints, won the 100m with a 92.8% 14.30 and 200 with a 90.7% 29.95.

Bill Knocke, 57, had to run a 92.2% 15.81 to defeat Al Henry, 59, 90.3% 16.53, to win the hurdles.

High jumpers Phil Fehlen, 61, with a 1.65/5-5 and Charles Rader, 49, with a 1.80/5-10³/₄, were in the 90+% range.

Shot putter Hal Smith, 61, 14.16/46-5¹/₂, and Arnold Gaynor, 69, 12.86/42-2¹/₄, both hit the 95% level.

The best performance of the entire meet was 59-year-old Larry Stuart's javelin throw of 55.40/181-9, an age-graded 97.7%. Del Pickarts, 70, ended with a 91.2% 45.64/149-9 in the javelin.

The meet was directed by Russ Reabold and sponsored by the Trojan Masters Club.

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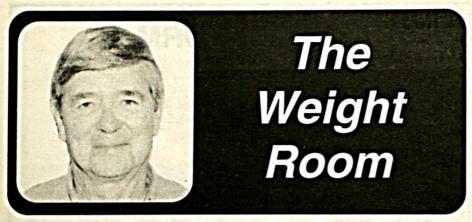
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On the Way to San Jose

thletes who fly into San Francisco or San Jose for the Nationals will get a good view of typical California sprawl from their cab or shuttle from the airport to the hotels in San Jose.

On the other hand, those who fly first to Los Angeles to check out Hollywood, Knott's Berry Farm, Universal Studios and the rest, and then drive to San Jose, have three sightseeing options. They can take Interstate 5 from L.A. to the San Joaquin Valley. It's the fastest route, but I've had visiting relatives from the flatlands of the Midwest pull over and ask me to drive on the section called the Grapevine that winds through the Tehachapis before you hit Bakersfield.

After that, it's dead flat, unbearably hot in August, and boring, except for the drivers whizzing by you at 80-plus mph. You'll have to cut off at Highway 152, a more scenic route, and pick up Highway 101 to get to San Jose. Make a brief visit to Hollister, where tens of thousands of bikers recently congregated to honor an anniversary of the incident that was the basis for the movie "The Wild Ones,"

starring Marlon Brando. And don't miss Gilroy, the garlic capital of the world. You might be able to pick up some garlic-flavored ice cream left over from the Garlic Festival.

101, Anyone?

From Los Angeles, Highway 101 is another route to San Jose - much more scenic, but a little slower. The 90-mile ride on a mostly four-lane highway from L.A.'s San Fernando Valley to



Tom Gage (left), 54, accepts check for \$25 for the best age-graded weight throw (53-31/2; 72.2%), Hayward Masters Classic, presented by George Mathews, 53, of the Seattle Masters Athletic Club. Gage donated the prize to the Golden West Invitational for high school ath-Photo by Suzy Hess

Santa Barbara is, I think, the most interesting coastal drive in the world. On the way, with the ocean on one side and mountains on the other, you pass strawberry fields, surfers, California missions, the only banana plantation on earth at that latitude, and millionaires in Montecito (where Robert Mitchum lived before he went on to the great film noire in the sky last month). After you go through the tunnel at Gaviota, north of Santa Barbara, it's a two-lane highway through another world of dried, golden grass and green oaks, hilly, and probably hot, and farther on, pretty level after you leave Paso Robles.

After the 1981 Championships in Los Gatos (where a meat scale was used to weigh the implements), I bummed a ride on Sunday afternoon with Randy Hubbell, because the people I had driven in with were staying to sightsee. Hubbell, then an M70, was one of the pioneers in masters hammer throwing, who held quite a few records at one time - all are gone now.

Intending to take 152 to I-5 for a faster way home, we missed the cutoff and ended up taking 101 all of the way back, adding a couple more hours to the trip. It was hotter than Hades, the temperature well over 100, and no airconditioning in Randy's panel truck, which he used in his business of manufacturing and repairing outboard motors. He drove the truck to meets, where he would park in the lot, as he did at Los Gatos, and sleep in it.
Randy wasn't poor by any means,

but he was Depression Era parsimonious, which I could relate to. He was a world-class gabber, and, being a B.S. artist of some repute myself, we got along famously, especially after we discovered that we had both been boxers in our youth. I sometimes wish that he were still around to see what progress masters hammer throwing, and throwing in general, have made.

At the Los Gatos championships, where we threw the hammer at San Jose City College, Randy won the hammer (8-lb.) with a U.S. M70-74 record 111-2. The U.S. record now is 150-11 by Tom McDermott. In the 1996 Championships at Spokane, Bill Bangert won the M70 hammer (4kg) with 111-6. One woman threw the hammer in 1981; 24 women competed in 1996.

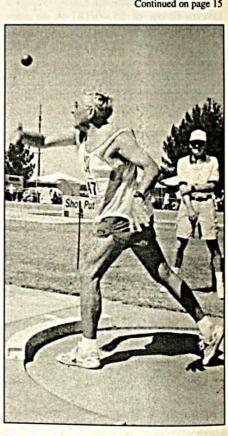
Not that the competition was shabby at the Los Gatos meet in 1981. George Frenn, then 39, who still holds the world-best of 46-11 for the 56-lb. weight, threw 182-3, and Ed Burke, then 41, who later made the 1984 Los Angeles Olympic team, threw 197-11.

Back on Highway 101, you'll drive through the de-commissioned Camp Roberts, where WWII and Korean War recruits went through basic training, and go by Soledad Prison, John Steinbeck's Salinas Valley, and Castroville, the artichoke capital of the world, before you arrive in San Jose. California has other "capitals of the world," including, of course, Hollywood, the "motion picture capital of the world" and the lesser known town of Parkfield, between Highways 101 and I-5, the "earthquake capital of the world."

The Coast With the Most

The third way to San Jose is Highway 1, which you pick up in Morro Bay off 101. It runs right along the Pacific. Don't take it unless you leave two weeks or more before the Nationals. There's too much to see (Hearst Castle, Big Sur, and Carmel, for instance). It's horrendously slow with blind and ess curves, plus scary and exhausting, if you're not used to driving on a narrow, two-lane, winding road with cliffs to the ocean on one side and sheer cliffs on the other. Front seat passengers usually white-knuckle the dashboard, because they can't see

Continued on page 15



Ken Wheeler, 76, was sixth in the M75 shot put and third in the discus, National Senior Sports Classic, Tucson, Ariz., May 21-28.

Photo by Andy Larabee

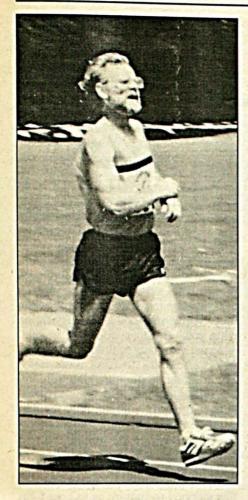
TALLAHASSEE SENIOR CENTER CLAUDE PEPPER FOUNDATION CELEBRATION OF SENIOR WELLNESS COMPETITIONS SATURDAY, OCTOBER 25, 1997 NO ENTRY FEES, FREE T-SHIRTS, EXHIBITS, CONCESSIONS, HEALTH TESTS **ELIGIBILITY:** 55 YEARS OR OLDER DEADLINE: Registration must be received by October 18, 1997. DIVISIONS: Men and women; compete in 5-year age groups; 5K run; 3K racewalk. AWARDS: CASH PRIZES, one in each category plus a prize to male and female overall winners in the run and overall winners in the racewalk. Trophies will be awarded to runners-up. FACILITIES: Florida State University all-weather track. DIRECTIONS: East on Woodward Avenue to Jefferson Street, right on Jefferson, right on Pensacola, right on Seminole. PLEASE PRINT Address Phone Age on 10/25/97 Event(s) Mail to: Frances Campbell, Claude Pepper Foundation, 210 S. Woodward Avenue, Tallahassee, Florida 32304, Phone: (850) 222-5146, Fax: (850) 561-9264 In consideration of your accepting my entry, I, extending to be legally bound, do hereby for myself, my heirs, executors or administrators waive and release forever any and all

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and from, and while participating in the competitions held October 25, 1997 at the Florida State University, Tallahassee, Florida. I certify that I am in a state of health that permits

me to participate in these events.



Alan Beck, M50 first in the 5000, with the event's fastest time of 17:18.96, Portland TC Masters Meet, Gresham, Ore., June 14-15. Photo by Suzy Hess

Portland Masters Celebrate 25th Year

By JERRY WOJCIK

The Portland Masters Track Club celebrated its silver anniversary Classic Meet with a two-day affair at Mt. Hood Community College, Gresham, Ore., June 14-15. One hundred and ten athletes participated in the 25-year-old meet, one of the oldest masters meets in the U.S.

On Saturday, Paul Edens, 56, ran the meet's best age-graded 100m with a 91.4% 12.57 in winning the M55 race. On Sunday, all first-place finishers in Saturday's race were invited to compete in a distance-handicapped 100. Dave Walter, 52, narrowly won the men's race in 11.17 from Bob Golly, 62, 11.19. Rosalie Carmen, 53, won the women's race in 12.55.

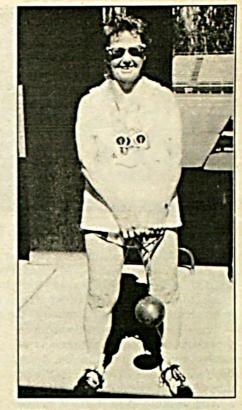
Walter also won the 400 on Saturday with a 92.5% 54.30. In the 800, Don McMillan, 56, ran a 91.8% 2:13.67.

Hurdler Ruth Callard, 43, earned All-American status in the 80H with a 15.02 and 400H with a 76.23.

Ed Lipscomb, 46, topped all other pole vault marks with a 14-0. Mike Toll, 33, won the M30 long jump by a half inch over Brain Coushay, 33, with a 20-91/2 leap.

Bob Lawson, 62, won the "strongest man" title with meet bests in the 5kg shot (41-4) and 25-lb. weight (41-41/2).

Jim Puckett was the meet director. Roger Hall served as the clerk of the course, and the announcing was handled by Bill Cook.



Pat Osmon, 69, displays her first-place medals at the Portland TC Masters Meet, Gresham, Ore., June 14-15. Photo by Suzy Hess

Weight Room

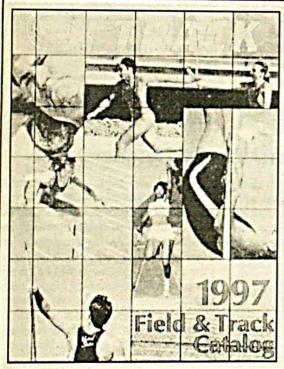
Continued from page 14 the edge of the road.

these days.

People who like to drive should do a section of Highway 1 at some time in their lives. My advice is, if you are competing in San Jose, wait until the next time the Nationals come to California, but not too long. That section of the Golden State is supposed to break off and fall into the ocean one of

However you get to the Nationals, I'll see you there. Look for me; I'll be easy to spot, looking relaxed and rested. Somebody else is doing the driving from Eugene to San Jose.

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Race day USATF registration is \$15.

AGE GROUPS: 30 years old and above in 5 yr. age groups - Age on August 30, 1997 determines age group.

AWARDS:

Medals to first three places in all events by 5 yr. age groups.

T-SHIRTS: NCSTC Classic Shirts for sale at the meet.

> James Logan High School, 1800 "H" Street, Union City. All weather track surface ("1/4" spikes only), Javelin - grass runway.

HEATS: We will combine races where we do not have enough runners by

specific 5 yr. age groups.

Male Female Phone ()_____ __ Date of Birth / /

Club Affiliation Age as of 8/30/97

USATF Card #

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Meet Director: Don Rose Mail Entries To: 43 McAllister Ave., Kentfield, Ca. 94904. (415)-457-8177



A Systematic Plan for the Year Ahead

t is now August and in a few days the USATF National Masters Outdoor T&F Championships will be contested. For many, this will be the end of the outdoor t&f season. Many road racers are now preparing to enter the fall season when the weather is a little better. Now is the time when both of these groups need to be giving serious consideration to the development of a detailed training plan.

When I started to run again about 15 years ago, my planning consisted of getting my running clothes on, going out on the street or to the track and then deciding what I thought would be a good workout for that day. I had no idea of what I should do. I just did what I felt like doing. I had no concept of planning a training schedule. I suspect that a lot of masters runners, jumpers and throwers are doing that today.

Periodization Plan

To achieve your maximum potential, you must develop and use a comprehensive, scientific, systematized training program that covers your competitive season or seasons. One way to do this is to develop a "Periodization Plan," which simply means a training plan that is segmented or "periodized."

The first step is to determine when you want to peak, keeping in mind that you can only do so once during a competitive season. If you run three seasons such as cross-country or road racing, and indoor and outdoor track, then you would plan for three peaks during your competitive year. You now start from that first peak date and work backwards.

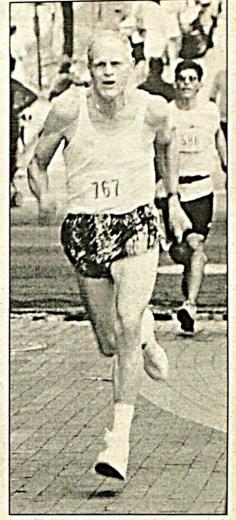
Once the length of your training

season has been established, it can be sub-divided into preparatory and competitive periods. At the end of the competitive period, which ends with your peak competition, there should be a rest or transition period before launching into the next season of training. The preparatory and competitive periods can be further sub-divided into general and specific prep phases and pre-competition and competitive phases. Now that you have a general layout of your season, you can start to become more specific.

Mesocycles

You will want to taper the last week or two prior to your most important competition, so block that in first. Prior to that, the available time should be divided into three and/or four week blocks or "mesocycles." You need to develop and define in detail one-week long daily workout schedules for each of these three or four week long blocks. These week long cycles are to be repeated during each of the three or four weeks in the block.

The reason that these mesocycles are three- or four-week long blocks is that you will normally get all of the benefits that you can get out of a basic workout routine in three or four weeks. After that, for the body to receive sig-



Dixon Hemphill, 72, second M70 (48:43), Lawyers' Have A Heart 10K, Washington, D.C., June 1. Photo by George Banker

nificant benefits, you must increase training intensity.

It is important to decide just exactly what you would like to accomplish in each of the mesocycles and then devise a routine to accomplish that. In the beginning, the daily sessions should be general in nature with a relatively high volume of work at low intensity. As the season progresses, they should become more and more event-specific with ever-increasing intensity and decreasing volume.

Progressive Overloading

The key to a successful training program is progressive overloading. The

loading must challenge your current training status so that the body is forced to over-compensate for the new load. The body will do this, but proper rest must be interspersed with this overloading. You cannot train hard every day.

There is a "Law of Specificity" when it comes to training for a specific event. It is sometimes called the "SAID" principle. This stands for "Specific Adaptation to Imposed Demand." The load must be event-specific. Remember, general or base training must always precede the specific training so that the body can better withstand the increased stress.

Simply put, you divide the time between the start of practice and the peaking date into three- and four-week long segments. You then determine what you want to accomplish in each of those segments and design specific training sessions to meet those ends. The training starts with high volume, low intensity general sessions and progresses to lower volume, high intensity sessions which are event-specific.

There was a young woman running a lot of laps at the track recently as I was doing my workout, which was by then fairly intense and event specific. She stopped to inquire as to how I got so fast. She told me that she regularly runs 25 laps, but never gets any faster. With all of that volume, she has a great base, but she has never increased her intensity. At this point she needs to have some days of decreased volume and increased intensity. You don't get faster or stronger by increasing your volume of work; you get there by increasing the intensity of the workout.

If you would like some help in making a periodization plan, you may contact me. I will need to know your age, events, goals, peaking date(s), most recent event results and how many days a week you train. If your request is via mail, please send a SASE with two ounces of postage to: Ross Dunton, 512 Somerset, Placentia, CA 92870. (714) 524-9966 Voice; (714) 524-9992 Fax; coachr@pacbell.net -e-mail.

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Club West Gears Up for October Meet

A new field name, along with new runups for the jumps and throws will greet competitors at Club West's annual meet at Santa Barbara City College on Oct. 4. The track, which will still carry

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the Nick Carter logo, will be known as the Linda Geyser Memorial Field.

A recent influx of dollars resulted not only in the runups being improved but also the infield. A new state-of-the-art, electronic scoreboard will follow next year. Further renovations will be carried out on the track lanes as usage conditions permit.

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Club West president, Beverley Lewis, reports a great deal of interest from athletes in the meet, which is anticipated will feature many outstanding performances. Last year saw a world record in the pole vault.

For more information, contact meet Director, Gordon McClenathen, 805-964-3005, or Beverley Lewis, 805-969-5851; fax: 969-6613. Entry forms will be available at the National Masters Championships in San Jose, Aug. 7-10.



How Old Are You, Really?

(An edited version of Bost's article was published in the Write On! section of the July issue. The edited version did not adequately reflect Bost's position on the problem of athletes who change ages during meets. The complete article is published here to clarify her philosophy regarding an athlete's move into another age division during a multiple-day event.)

How old is a 49 year old who is 49 years and 364 days old? It's not a trick question. Quite simple, actually. By law, of course, or the definitions of our society, he is 49 until he is 49 years and 365 days. Then, flip the calendar page and he is 50.

But how old is he, really, when he is 49 years and 364 days? Wouldn't you say that chronologically and physiologically he is 50? Once he is 49 years and 183 days, he is getting ever closer to being 50 years old, even though he can continue to claim to be 49.

To about 99% of the population in general, this concept is held dear. Who wants to state his age as one year older than the calendar says? Jack Benny made being 39 a fashionable age for all of us and garnered plenty of laughs with his claim.

Competitive age division athletes are different. We have no hang-ups about the years we have been on this earth. It didn't take us long to get over the fact that we will change age every year and, blessedly, change age division every five years. Do you know any athlete who doesn't cherish the day when he ages up into a new division, the youngest of the group?

Woe is He... or She

Woe to the summer baby, though. Born in the months of June, July or August, he has big troubles. At the first meet of the summer season, he is something-four, or something-nine, and by the end of the season he has graduated to his proper age division.

Proper, because in June, July, or August, his physiological age was basically the same as it is after blowing out the candles on his or her birthday.

If his birthday falls during an extended meet, like a failing school student, he is held back for the entire meet, never getting to graduate to the proper division with his peers.

This can lead to some ludicrous situations, such as Vicki Bigelow setting a W60-64 world record in the 1500, while competing against younger women in the 55 to 59 division. She had turned 60 during the WAVA competition in Buffalo, but the rules held her to running as a 59-year-old, rather than with her peers, the 60-year-olds. Other similar cases abound.

We need only look at the WAVA Age-Graded Tables to see the disadvantage at which these summer babies are forced to compete. Age grading gives us the expected and documented slow-down of athletes as they age. With the charts we can see how badly a summer baby fares when competing in an age division below his or her true age.

In the chart on this page for the event standards for the mile, we can see that a man aged 40 can expect to slow down by 8.84 seconds by the time he reaches age 45.

Jump a decade and a half and at age 65 he will have slowed down by 14.45 seconds from when he was age 60. That's a pretty tough handicap for a man 65 years and 2 days old, who is forced to race in that age division because on the day the meet began he was 64 years and 364 days old. Ten years later and if the meets are scheduled the same, he will fight a 36.56 handicap.

Women Slow Faster

While women seem to have a longer life span than men, they apparently slow down much more as they age. Given the same circumstances as our summer baby boy, a woman will slow down 11.51 seconds from age 40 to 45, 19.56 between ages 60 and 65, and a whopping 52.74 seconds between 80 and 85.

How can we right this inequity? No rules are ever set in stone, and the WAVA rule which holds that all athletes remain the age that they were on the first day of the meet can and should be changed. Let the summer babies convert to the age they will be on the last day of the meet, as is done in masters swimming, and it will make much more sense.

If that had happened, Vicki Bigelow would have set a W60-64 age division record and won the gold medal in the 1500, instead of placing seventh in the W55, where she clearly didn't belong. In masters swimming, if she had set her record before her actual birthday, it would still have counted as an age 60 record. This would make sense in masters track and field as well, although I concede that there are those in our sport who would likely find this switch in philosophy difficult to accept.

Options for Compromise

If the WAVA council is uncomfortable with this solution, two compromises could be considered. One is for the athletes to compete in the age division which the calendar says they are until their birthday. Once the birthday comes, the athlete is assigned the new division. This would probably cause a lot of headaches for meet management.

Another is that the athlete remain his age as of the day of the first event in which he competes. At least some of the summer babies will slip into their rightful division. The others would be out of luck.

Neither is really suitable if we acknowledge the basic premise that the athletes are fundamentally their older age, from the first day of the meet to the last. This issue needs to be put before WAVA. Now that we have WAVA's own age-graded tables for proof of the substantial inequity, let's change the rule.

Age Grading PLP Standards for the Mile

Age	Men	Difference
40 45	236.42 245.26	8.84
73	243.20	Transport of
60	278.26	
65	292.71	14.45
80	358.28	
85	394.84	36.56
10		SHEET SHEET
Age	Women	Difference
Age 1	Women 265.07	The Fall Land
Age	Women	Difference
Age 1	Women 265.07	The Fall Land
Age 1 40 45	Women 265.07 276.58	The Fall Land
Age 1 40 45 60 65	Women 265.07 276.58 320.44	11.51
Age 40 45 60	Women 265.07 276.58 320.44	11.51



Mary Rosado, 47, New York, 1997 National Masters Indoor W45 Champion in the 800 and mile, Boston.

Photo by Mitchell Lovett



Liisa Nichols, 1996 W30-34 national champion in the 800 and 1500 in Spokane, won the W30 1500 (2:18.3), Visalia Classic, Visalia, Calif., May 3. Photo by Glen Williams

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Track & Field Rankings Report

After ten years of involvement with the masters track & field rankings, I've decided to give up the position of USATF Masters T&F Rankings Coordinator and have notified USATF Masters Committee Chairman Ken Weinbel of my resignation.

In those ten years, with the help of the Masters Committee, the National Masters News, and the tremendous contribution of the volunteer rankers, past and present, we were able to produce an annual outdoor rankings booklet and institute the indoor rankings, published as an insert in the NMN.

I want to thank everybody who has been involved with me in doing the rankings. The rankers, who give freely of their time, energy, and usually expenses, deserve special recognition. Several, who were recruited by the first rankings coordinator, Haig Bohigian, have been active in the rankings since their inception. William Benson, of Long Island, N.Y., who does the 800, and Charles Mercurio, of Southern California, who does the high jump and triple jump, have been doing the rank-



Peter Hanlon, winning the M30 110 mH in 16.7, Visalia Classic, Visalia, Calif., May 3. Roger Drummond was the M35 winner (17.0).

Photo by Glen Williams

ings for over 15 years.

Without Larry Patz, of New Hampshire, the rankings would have been extremely difficult, if not impossible. Another Bohigian recruit, Patz has been doing the outdoor and indoor sprints (55m, 60m, 100, 200, 400), both outdoor relays, and, on occasion, when I was in a bind, a couple of distance races and a field event or two for 15 years also.

In addition to overseeing the compilation of the rankings for publication, the coordinator, as a member of the USATF Masters T&F Committee, is involved in decision-making at the annual convention, which this year will be held in Dallas. The coordinator is also expected to attend both the outdoor

and indoor championships. Money from the masters budget is allotted to the position to pay the coordinator's travel expenses and costs in compiling the rankings. He or she is also invited to attend the Masters Awards Committee Meeting to aid in selecting the best athletes of the year.

Most compilers for the 1997 outdoor season are already in place. In the past several years, requests for replacement compilers have been met with quick responses by reliable, responsible volunteers.

Parties interested in applying for the position of rankings coordinator are encouraged to contact me at 541-343-7716, fax: 541-345-2436, or Ken Weinbel, 206-932-3923, fax: 206-932-3917.

WAVA/USATF HURDLES HURDLES

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50-59 60-69 70 Plus	80m	.762 30"		12.00n 39'4"	n	7.0m 22'11½"	19.0 62'		8
30-39 40-49	400m	.762 30"		45.00n 147'73/	4 INE 1	35.00m 114'9'/2"	40.0 131'2		10
50-59 60-69 70 plus	300m	.762 30°		50.00m 164'0'/		35.00m 114'9'/2"	40.0 131'2	1200	7
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30-39 40-49	110m	.991 39'		13.72r 45'	n	9.14m 30'	14.0 46		10
50-59	100m	.914 36		13.00r 42'8"	100	8.50m 27"10"/2"	10.5 34'	2000	10
60-69	100m	.840		13.00r 42'8"		8.50m 27'10'/2"	10.5 34'		10
70 plus	80m	.762 30		12.00r 39'4"		7.0m 22'11½"	19.0 62'		8
30-49	400m	.914 36		45.00	m	35.00m	40.0	00m	
50-59	400m	.840m 33"		147'7'/2"		114'9'/2"	131'	21/2"	10
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descriptions.	IMPLEMENTS									
AGE Women	SHOT PUT	DISCUS	HAMMER	JAVELIN	WEIGHT WAVA USATE					
30-49 50 plus 60 plus	4.00k 3.00k	1.00k 1.00k	4.00k 3.00k	600gms. 400 gms.	20# 20# 16# 16# 12# 16#					
Men 30-49 50-59 60-69 70-79 80 plus	7.26k (16 lbs.) 6.00k 5.00k 4.00k 4.00k	2.00k 1.50k 1.00k 1.00k 1.00k	7.26k (16 lbs.) 6.00k 5.00k 4.00k 4.00k	800 gms. 800 gms. 600 gms. 600 gms. 600 gms.	35# 35# 25# 35# 20# 25# 16# 25# 12# 25#					

Steeplechase: men 30-59: 3000m/36" (.914m); men 60+ and women: 2000m/30" (.762m)
Superweight: M30-69 56-lb.; M70+ 35-lb.; W30-49 35-lb.; W50+ 25-lb.
WAVA weights are used for USATF weight pentathlons.

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STATISTICAL OF VEIGUE NAMETES

TREASURER

Al Sheahen P.O. Box 2372 Van Nuys, CA 91404 USA Phone: 1-818-981-1996 Fax: 1-818-981-1997

WOMEN'S DELEGATE:

Hannelore Guschmann Sint Andriesdreef, 9 B - 8200 Brugge - St. Michiels Phone: 32-50-387612 Fax: 32-50-393032

IAAF DELEGATE:

Cesar Moreno Bravo
Camino a la Piedra del
Comal No. 24 Col. Tepepan
16020 Xochimilco, D.F.
Mexico
Fax: 52-5-653-3159

DELEGATE OF: NORTH AMERICA

Rex Harvey
160 Chatham Way
Mayfield Heights, OH 44124
USA
Home Phone: 1-216-446 055

USA Home Phone: 1-216-446-0559 Business: 1-216-531-3000 x3366 Fax: 1-216-531-0038

SOUTH AMERICA

Jorge Alzamora P.O. Box 685 Santiago, Chile Phone: 56-2-621-1417 Fax: 56-2-696-5006

ASIA

Hari Chandra 15 C Jalan Haji Salam Singapore 1646 Phone: 65-2424967 Fax: 65-241-3116

EUROPE

Wilhelm Koster Haydnstrasse 28 D-64347 Griesheim, Germany Fax: 49-6151-880934

OCEANIA

Stan Perkins 106 Silkwood St. Algester, Queensland Australia Phone: 61-7-3222-1021 Fax: 61-7-3221-1684

AFRICA

Hannes Booysen P.O. Box 5180 1403 Delmenville South Africa Fax: 27-11-827-7590

9th Oceania Games Set For New Zealand

from JIM TOBIN

The 9th Oceania Veteran Games will be held in New Zealand, Jan. 17-24. The Games are primarily the regional championships for veteran athletes of the relevant Veteran Associations affiliated with the Oceania Association of Veteran Athletes (OAVA), but the organizers will welcome competing athletes from outside the regions. Although they will not be eligible for Oceania titles, they will receive medals if placed in their particular events.

The Games will be held in Hawkes Bay, which is situated on the east coast of the North Island of New Zealand and is easily accessible from Auckland, Wellington or Christchurch by plane, bus, train or rental car. The Hawkes Bay region is noted for its agriculture and horticulture. Fruit is grown in abundance - so much so that the region is known as the "fruit bowl of New Zealand" and is equally famous for its wine. The infrastructure includes two cities (Napier and Hastings), each with populations of 55,000 and only 14km apart.

The "Bay" region is rich in history, culture and scenic attractions. The weather is often claimed to be the best in the country. Certainly the area is noted for its long, hot and dry summers. A wonderful way to escape a northern winter!

The Games will feature a full track and field program (including multievents) for men and women. In addition, there will be a half marathon, cross-country events and 10K roadwalks. The multi-events include pentathlon, heptathlon, decathlon and the weight pentathlon. All of this activity will be spread over an eight-day period which will include at least one lay day. All events will be split into the traditional five-year age groups starting at age 40 for men and 35 for women. There will be events for pre-veterans from age 30. There are no qualifying standards.

The Games' organizers are planning to welcome some 1000 competitors and it is expected that this will include a group of over 300 Australians who will be competing along with several hundred New Zealanders. They will be joined by veteran athletes from throughout the Pacific Islands. Interest has also already been shown by athletes from Britain and the USA.

Further information and entry forms are available from the Organizing Committee at Box 7144, Taradale 4030, Napier, New Zealand or by contacting Tim Tobin at phone/fax +64 6 844 5072.



Kalavati Khasim, W40-44 long jump winner, 1997 India National Veterans Championships, Kanpur, Photo from V. Suryanarayana



Puerto Rico Masters Association 12

XVII SAN JUAN ANNUAL MASTERS TRACK & FIELD CHAMPIONSHIPS

Sponsored by the the Puerto Rico Masters Association and Municipality of San Juan at the Central Park facility, Miramar Santurce, P.R. on August 16, 1997.

Age Divisions: Five-year age grouping for men and women age-30 and over.

Special Event: 1 Mile race for M40 and over with prizes of: 1st \$400, 2nd \$200, 3rd \$150, 4th \$100 and 5th \$50; plus a \$100 bonus for a sub-5 minute winner.

Entry Fee: \$15.00 first event, \$5.00 each additional. Relays free.

Awards: Medals to first three in each age division. T-Shirt will be available for every entrant.

Deadline for Entries: August 5, 1997

Entries: Send the entry form below with check payable to: Puerto Rico Masters Association, P.O. Box 31300, 65th Infantry Station, Rio Piedras, P.R. 00929-0300. Call Wilfredo Picorelli ((787) 757-1875; Fax (787) 757-1876

Registration: Pick up packets at Central Park from 7:00 a.m. on Saturday, Aug. 16th.

Hotel: Accommodations should be arranged by individual participants. The following hotels are in the vicinity of Central Park:

Hotel Ocean Side (787) 722-2410 Hotel Normandie (787) 729-2929
Hotel Caribel Hilton (787) 721-0303 Hotel Miramar (787) 722-6239 Hotel Toro (787) 725-2647 Hotel Tanama (787) 724-4160



9TH VETERAN GAMES

HAWKES BAY, NZ 1998

17 - 24 January 1998

The 9th Oceania Veteran Games will be held in Hawkes Bay, New Zealand. These games are the Oceania Regional Championships.

Veterans/Masters from other WAVA Regions are welcome to compete by invitation.

entry forms available from

ORGANISING COMMITTEE

P.O. Box 7144, Taradale, Napier, New Zealand Phone/Fax: Jim Tobin + 64 6 844 5072

The games will comprise

Full Track & Field **Programme**

Multi Events

8km Cross-Country

Half-Marathon

10km Road Walk

ENTRY FORM AND ORDER OF EVENTS

Please E	nter Me	in the Following	Events:		
7:00 a.m.	101 () 5,000 Run	(Men)	10:00 a.m. 117 () 800	(Women-Men)
7:00 a.m.	102 (3,000 Race Walk	(Women)	10:00 a.m. 118 () Hammer Throw	(Men)
8:00 a.m.	103 (5,000 Race Walk	(Men)	10:00 a.m. 119 () High Jump	(Men)
8:00 a.m.	104 () 3,000 Run	(Women)	11:00 a.m. 120 () 100 Hurdles	(Women)
8:00 a.m.	105 (300 Hurdles	(Men)	11:00 a.m. 121 () Javelin	(Women)
8:00 a.m.	106 () Shot Put	(Women)	11:30 a.m. 122 () 110 Hurdles	(Men)
8:00 a.m.	107 () Discus	(Men)	12:00 noon 123 () 80 Hurdles	(Men)
8:00 a.m.	108 (High Jump	(Women)	12:30 p.m. 124 () 4x100 Relay	(Women-Men)
8:00 a.m.	109 (Long Jump	(Women)	1:00 p.m. 125 () Hammer Throw	(Men)
8:30 a.m.	110(400 Hurdles	(Men)	1:00 p.m. 126 () Triple Jump	(Men)
8:30 a.m.	111 () Discus	(Women)	1:30 p.m. 127 () 400	(Women-Men)
9:00 a.m.	112 () 100 Dash	(Women-Men)	2:00 p.m. 128 () Javelin	(Men)
9:00 a.m.	113 () Shot Put	(Men)	3:00 p.m. 129 () 200	(Women-Men)
9:00 a.m.	114(Weight Throw	(Women)	3:30 p.m. 130 () 1 mile (Sp	ecial Event Men)
		Long Jump	(Men)	4:30 p.m. 131 () 1,500	(Women-Men)
9:30 a.m.	116(Hammer Throw	(Women)	5:00 p.m. 132 () 4x400 Relay	(Women-Men)

Order of competition will be: women and men, old to young
After the meet we will have dinner and music, free for all participant

NAME:	AGEMALE () FEMALE () PHONE
ADDRESS:		
AGE (as of August 15, 1997)	CATEGORY	COUNTRY

ATHLETIC RELEASE

Athletic Release: In consideration of the right to participate in the San Juan Annual Masters Track and Field Championships, I do hereby for myself, my heirs and executor, waive, release and forever discharge any and all claims for damages which may have, or which may hereafter accrue to me against the city of San Juan, Puerto Rico Masters Association, The Organizing Committee or their officers or agents and the Parque Central and any and all sponsors of the aforementioned championships. I certifity that I have no physical defects which prevent me from competing and I compete at the competing and I compete a competing and I competed a competency and I competed a competency and I comp physical defects which prevent me from competing and I compete at my own risk.

Applicant Signature	
Applicant Signature	Date

P.O. Box 31300, 65th Infantry Station, Rio Piedras, P.R. 00929-0300 - Tel:. (787) 724-6157 Fax: (787) 757-1876

Masters Scene

NATIONAL

 According to Becky SIsley, USATF Northwest Regional Coordinator, the Oregon TC Masters intend to bid to host the National Masters T&F Championships in the year 2000.
 With the 1998 meet in the far northeast at Orono, ME, and the 1999 meet in the southeast at Orlando, FL, the Eugene-based club believes it will be time to return to Hayward Field for the first championships of the 21st century. The last national masters championships held in Eugene were in 1994 and drew over 1400 athletes.

Road Race Management, the newsletter for race officials, is seeking nominations for its Road Race Director of the Year Award (presented by Running Times). Nominations close Sept. 13. A ten-member committee comprised of past recipients, elite athletes, corporate sponsors, members of the media, and RRCA USATF officials will choose the winner, who will be announced at the annual RRM Race Director's Meeting, Nov. 15, in Washington, DC. For nomination forms, send SASE to Jeff Darman, c/o RRM, Race Director of the Year, 2300 Ninth St. South, Suite 300 B, Arlington, VA 22204.

EAST

• The Eastern All-Stars quartet of Sam Madia, Jim Manno, Archie Messenger, and John McManus shattered the M70-79 WR for the 4x800 relay with a pending 12:12.4 at the Shore AC Summer Relays, Monmouth U., West Long Branch, NJ, June 28. The West Valley TC held the former record of 12:35.4, set at

Saratoga, CA, on Sept. 21, 1996.

• Jeff Foster, 40, an assistant t&f coach at Edinboro St. U., captured the overall title with a 71:37 in the Clarion River Half-Marathon, Cook Forest St. Park, PA, April 5. His wife, Marlann, 27, was first female overall in 83:13. Four of the first five males overall were M40+s, with Malcolm East, 41, second, 72:49, and Carl Bialo, 40, third, 73:13. The first W40+ was Cindy Grimm, 45, in 90:24.

• Mike Mutek, 45, Reston, VA, in 19:33, and Mary Ellen Gonyea, 50, Burke, VA, in 23:58, negotiated masters decisions in the Lawyers' Have A Heart 5K, Washington, DC, June 1. Steve Forman, 56, McLean VA, represented himself well with an M40+ fifth-place 20:14. In an adjunct 10K, Dave Bollinger, 41, Bethesda, MD, with a 35:56, and Helen Hiser, 40, Washington, DC, with a 43:30, recorded masters victories. Heldle Pirle, 52, Fairfax, VA, second W40+, was adjudged the best performer for her 43:50.

• Bruce Hamilton, 41, Fairfax, VA, posted the fastest time of all heats, with a 4:31.08, in the Pennsylvia Avenue Mile, Washington, DC, June 14. Fay Bradley, 59, Washington, DC, was seventh M40+ in 4:54.54. Chris Stockdale, 53, Takoma Park, MD, was the first W40+ in 5:39.11.

SOUTHEAST

• Steve Placencia ran the third fastest time by a U.S. M40+, 29:51, to defeat Mexico's Martin Mondragon (30:19); Jane Welzel was the first W40+ in 34:38, Peachtree 10K, Atlanta, July 4.

• Betty Vosburgh, W65, broke seven of the 17 meet records erased at the Nashville Striders/Nashville TC Meet, Vanderbilt U., TN, June 28. Chris Clark, M40, hit the 183-1 mark with the javelin. Over 100 athletes participated.

• Keith Swadkins, 44, Birmingham, England, ran a sparkling 58:32 to capture first overall in the Firecracker 10 Mile, Daytona Beach, June 28. Bernie Candy, 49, St. Augustine, FL, was third overall in 61:47. Stephanie Griffith, 42, Jacksonville, FL, nabbed the W40+ first in 76:08. The course was an out-and-back on a sometimes wet and soft beach

• Roger Rouiller, 58, Ft. Pierce, FL, exploded to an overall, age-graded first of 14:51 with a fourth-place 17:48, in the Florida Sebastian River Area C of C 5K Freedom Run, July 4. Tom Hoffman, 45, Melbourne, FL, was second A-G with 17:42/16:26. The first A-G W40+ was Billle Jean Schwartz, 64, Melbourne, with 26:38/18:07.

MIDWEST

• Jeff Foster, M40, won the masters contest in the Great Race 10K, Elkhart, IN, May 26, with a 31:53 worth \$300. Bill Rodgers, M45, was second M40+ in 32:05. Pattl Terhune, W40, also pocketed \$300 for her first-place W40+41:39.

MID-AMERICA

• Dale Lance, M55, 1995 USATF Masters T&F Athlete of the Year, posted the fastest 100 (12.81) in the USATF Mid-America Regional Masters Championships, Joplin, MO, June 7. Joe Lichner, M50, and Cathy Love, W35, fought it out for distance honors, with Love taking the 800 by two seconds in 2:25.80, and Lichner, the 1500 by three seconds in 4:50.01.

• Bobby Kincaid, Kansas City, MO, celebrated his 59th birthday on June 2, 1996 by running in the Hospital Hill 12K in 46:13, a U.S. single-age record. On June 1, 1997, Kincaid again ran the HH 12K as a 60-year-old, with a very good 47:54, despite a painful foot injury. If he had been born a week earlier, he would have won the M60 5K (17:48) and 10K (37:00) at the Senior Sports Festival in Tucson in May. Kincaid made up some of his loss by traveling to the Hayward Classic in Eugene with fellow Kansan Paul Heitzman and winning the 3000 (11:00), 5000 (18:50), and 10,000 (39:04). Kincaid was the 1956 Missouri HS champion in the mile (4:31.7) and half (2:03.5).

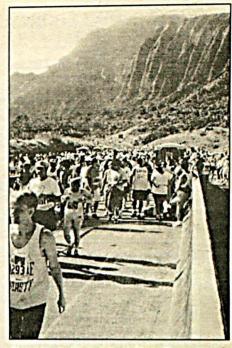
SOUTHWEST

• A few contestants had already headed for home after an inch of rain fell early on June 21 during the Hill Country Classic Meet, Mason, TX. It started to pour again about 11:30 Saturday night and before the storm disappeared on Sunday at 10:30 p.m. the total rainfall measured 12.1". The infield of the track at the high school where the meet was held was covered with 18" inches of water after a creek overflowed its banks and moved the pole vault pit. In spite of the rain, 111 athletes, coming from 52 cities and four states, participated and broke 18 age-group records, even though some events were washed out.

• Wendell Palmer, M65, broke two U.S. records at the Ponca City T&F Classic, May 31, Ponca City, OK. His 14.17 in the SP erased Philip Brusca's 13.10 set in 1993, and his 51.90 in the DT erased Thomas McDermott's 49.72 set all the way back in 1984.

WEST

• Nadine O'Connor stretched the US W55-59 LJ record to 13-7 from 12-91/4 by Christel Miller in 1990, and Carol Johnson upped the M85-89 WR for the PV from 6-23/4 by Ahita Pajunen in 1995 to 6-61/4 at the Dan Aldrich Memorial/Anteaters Meet, UC-Irvine, Orange County, CA, May 25. About 170 athletes participated.



Runners awaiting start of Great Trans Ko'olau Trek – a 10-mile race on H-3 freeway in Oahu, HI, May 11. Photo by Bob Doleman

• On May 11, some 15,000 participants took part in the Great Trans Ko'olau Trek – a 10-mile race on Oahu's not-yet-opened-to-traffic H-3 freeway. The course stretched upwards through a beautiful valley, ran through a mile-long tunnel, and then headed downhill to the finish in Aloha Stadium. Masters winners were Lloyd Stephenson (42, 53:17) and Connie Comiso-Fanelli (41, 1:06:44).

• The highlight of the Aloha State Games T&F competition, Honolulu, HI, June 14-15, was the men's 100. Competing were three 77-year-olds plus an 81, 86, and 94-year-old. The M75 title went to James Crane, 19.46; the M85 title to Stan Thompson, 38.17; and the M90 title to Irwin Jaskulski, 25.73.

NORTHWEST

 Next year's Hayward Classic will also serve as the USATF Northwest Regional Championships. The projected date for the Oregon TC Masters 18th annual meet is June 27-28.

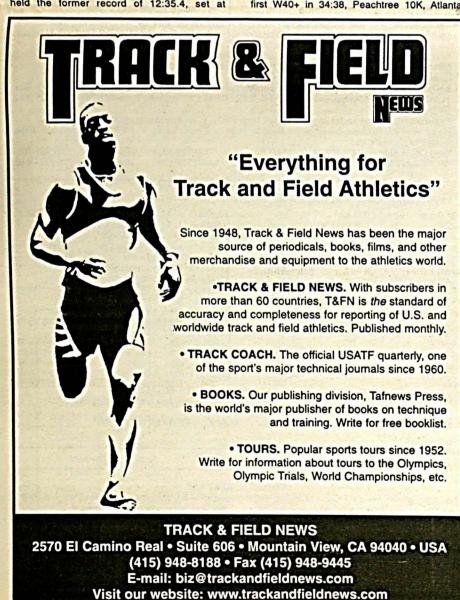
 Becky Sisley, Eugene, Ore., broke her W55-59 U.S. javelin record of 107-6 with a 114-3 in a meet at Hayward Field, July 10.

CANADA

• Dave Reed, 42, improved from a 4:32.3 (A-G 88.1%) in the Mundy Road Mile, June 1, to a 4:22 (A-G 91.6%) in the Ambleside Road Mile, June 7, to take first place with an 89.9% average in the two-race series held in Coquitlam, BC. Herb Philips, 56, with 5:12.3 (85.9%) and 4:50 (92.5%), was a close second at 89.2%. Debbie Collum, 45, placed fifth overall with 5:27.5 (84.5%) and 5:06 (90.7%). The top ten best average scorers shared \$1000.

INTERNATIONAL

 The British Veteran Athletic Federation Championships drew a record 700 competitors (including guests from Australia, South Africa, and Ireland) to Blackpool, June 28-29. Despite difficulties with the weather and photo-finish equipment, a number of new British records were established. Dr. Stephen Peters, European M40 100, 200, and 400 champion, achieved a remarkable feat in wet, windy conditions, winning the 100 in 11.3, the 200 and 400. His main rival, Kwadwo Ansah, pulled up injured in the 100 final. Ansah was the only sprinter to beat Peters last season. Josie Waller, who made a clean sweep of the W70 1500, 5000 and 10,000 in Miyazaki, set four British records in the W75 800 through to the



Schedule

USA track and field events feature competition for men and women over age 30 unless otherwise noted. Long distance events generally are open to all age groups with the exception of national masters championships, which may be limited to men and women over age 40. International T&F meets are generally limited to men over 40 and women over 35. Entry blanks for national and regional championships will generally be printed in the newspaper 30-60 days prior to the event. Please send any additions or corrections to NMN, P.O. Box 50098, Eugene OR 97405.

TRACK & FIELD

NATIONAL

August 7-10. 30th annual USATF National Masters Championships, San Jose, Calif. San Jose Sports Authority, 99 Almaden Blvd., Suite 975, San Jose, CA 95113. Steve Haas, meet director. 408-288-2935. August 16. USATF National Masters Weight & Superweight Championships, Seattle, Wash. Ken Weinbel, 4103 Hillcrest Ave. S.W., Seattle, WA 98116. 206-932-3923; fax: 206-932-3917.

September 20-21. USATF National Masters Decathlon & Heptathlon Championships, Thomasville, N.C. Bill Busby, 11 Culbreth Ave., Thomasville, NC 27360. 910-476-1228(h); 475-8141(w).

October 11. USATF National Masters Weight Pentathlon Championships, Orlando/Disney Sports Complex. Jeff Wentworth, PO Box 10000, Lake Buena Vista, FL 32830-1000, 407-363-6627; fax: 407-363-6601.

July 30-August 2, 1998. 31st annual National Masters Championships, Orono, Maine.

EAST

Connecticut, Delaware, Massachusetts, Maryland, Maine, New Hampshire, New Jersey, New York, No. Virginia, Pennsylvania, Rhode Island, Vermont

August 6. Philadelphia Masters Developmental Meet, Swarthmore College, Pa. Timothy Dickens, M.D., 610-828-5528; Bill Krieger, 215-516-2283.

August 17. Philadelphia Masters Championships, Swarthmore College, Pa. (See Aug. 6.)

August 30-31. Potomac Valley TC Games, Williams HS, 3330 King St., Alexandria, VA. 703-671-2520.

September 12-13. Bangor Senior Games, Bangor, Me. 50+. Dianna Weigel, 238 State St., Brewer, ME 04412. 207-432-7812

September 19-21. New Hampshire Granite State Senior Games, Laconia. GSSG, PO Box 1942, Rochester, NH 03866-1942, 603-322-0055.

September 25-27. Maryland Senior Games, Towson St. U. 50+. Phil Adams, TSU, Unit 1939, Towson, MD 21252. 410-830-4456. No out-of-state.

September 28. New York Masters Fall Mini-Meet, Merchant Marine Academy, Kings Point, N.Y. Throws & jumps only. SASE to Eric Weissbrot, 7 Drury Ln., Great Neck, NY 11023. 516-487-1417 (7-9 pm); Roslyn Katz, 718-358-6233 (7-9 pm) EDT.

SOUTHEAST

Alabama, Florida, Georgia, N. Carolina, S. Carolina, Tennessee, Virginia

September 25-27. Georgia Golden Games, Robins AF Base. 50+. Vicki Pilgrim, PO Box 958, Winder, GA 30680. 404-657-6644.

September 25-28. Kentucky Senior Games, Elizabethtown. 50+. Deadline: Sept. 1. Ruth Hudson, 24 Public Square, Elizabethtown, KY 42701. 502-765-2175. September 30-October 5. North Carolina Games, Raleigh. 50+. Margot Raynor, PO Box 33590, Raleigh, NC 27636. 919-851-5456. No out-of-state.

October 25. Celebration of Senior Wellness, Florida St. U., Tallahassee, FL. 850-222-5146.

MIDWEST

Illinois, Indiana, Kentucky, Michigan, Ohio, Wisconsin, West Virginia

August 2. Cleveland Track Classic, Independence High School, Independence, Ohio. SASE: Norman Thomas, 9065 Gettysburg, Twinsburg, OH 44087.

September 3-14. Wisconsin Senior Games, Milwaukee. 50+. Helen Ramon, 414-821-4444.

September 4-7. Rockford Senior Games. 50+. Patricia Haynes, 1401 N. Second St., Rockford, IL 61107-3086. 815-987-8800.

September 4-13. Mayor Daley Senior Games, Chicago. 50+. Laura Casey, 425 E. McFetridge Dr., Chicago, IL 60605. 312-747-0792.

September 7-12. Active Times Games, Fort Wayne. 50+. Amy O'Boyle, Parks & Rec Center, 233 W. Main St., Fort Wayne, IN 46802. 219-427-6466.

September 23-28. Illinois Senior Games, Springfield. 50+. Deadline: Aug. 3. Annette Fuchs, 1415 N. Grand Ave., Springfield, IL 62702. 217-789-2284.

MID-AMERICA

Colorado, Iowa, Kansas, Minnesota, Missouri, New Mexico, N. Dakota, Nebraska, S. Dakota

August 3. The 21st Century AGELESS GAMES. EMRec. UofMN. See entry info. page 17, and/or SASE to Rachel Lyga, 122-NE 63½ Way, Minneapolis, MN 55432. 612-574-9661.

August 5-10. Rocky Mountain Senior Games, Greeley, Colo. Cole Kathman, 970-350-9433.

August 21. Denver TC Meet, All-City Stadium. 6 p.m. Andre Raveling, 303-320-

August 30-31. Rocky Mountain Masters Games, Boulder, Colo. Jim Weed, PO Box 889, Lake Crystal, MN 56055. 507-7262452; Dave Simmons, 303-443-4919. September 5-9. Good Life Games, St. Joseph, Mo. 50+. Stephanie Mefford, 801 Faraon, St. Joseph, MO 64501-1892. 816-271, 1033

September 12-14. South Dakota Senior Games, Pierre, 50+. Deadline: Aug. 31. Jaci Casanova-Keller, 1007 E. Cabot, Pierre, SD 57501. 605-773-3656.

September 14. Paavo Nurmi Challenge, All-City Stadium, Denver. Runners do 1500 & 5000, 55 minutes apart. Results age-graded. Andre Raveling, Denver TC, 303-320-0750.

October 5. Denver TC 20K 4-Runner Relay, All-City Stadium. Andre Raveling, 303-320-0750.

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

August 1-2. Oklahoma Masters Athletic Meet, Spaulpa H.S. Stadium, Tulsa, Okla. 918-446-0064.

August 13-16. UMC West Texas Senior Sports Classic, Lubbock. 50+. Peter Laverty, 806-767-2710.

August 20-24. Pioneer Senior Games, Stillwater. 50+. Pioneer Sr. Games, Box 1449, Stillwater, OK 74076. 405-747-8080.

September 11-14. North Texas Senior Games, Wichita Falls. 50+ Deadline: Aug. 22. Betty Brown, 817-322-6232.

September 18-21. Arkansas Senior Games, Hot Springs. 50+. Gail Ezelle, PO Box 3377, Hot Springs, AR 71914. 501-321-1441.

September 18-24. Oklahoma Senior Games, Tulsa. 50+. Deadline: Sept. 13. Dana Short, 1710 W. Charles Pape Blvd., Tulsa, OK 74127. 918-596-7866.

WEST

Arizona, California, Hawaii, Nevada

August 30. Northern California Senior Classic, Logan HS, Union City. Deadline: Aug. 20. Don Rose, 43 McAllister Ave., Kentfield, CA 94904. 415-457-8177.

September 8-21. San Diego Senior Olympics, San Diego, CA. T&F, 10K, 5K, RW. 619-233-9950.

September 20. San Diego Senior Games, San Diego St. U. 50+. Deadline: Sept. 5. David Pain, 619-582-3316.

September 27. KELfield 5th Annual Throws Meet, Santa Cruz. No fees. All-You-Can-Eat BBQ. WT & SW. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408-458-0202.

October 4. Club West Meet, Santa Barbara City College, Santa Barbara, Calif. Beverley Lewis, 805-969-5851.

October 12. Sri Chinmoy Masters Games, Cal State Long Beach, Long Beach, Calif. 40+. Bigalita Egger, 310-645-0271.

October 13-24. Huntsman World Senior Games, St. George, Utah. 1-800-562-1268. November 15. Long Beach Senior Games, Long Beach City College, Long Beach, Calif. 50+. Karla Yuki, 310-570-1776.

CANADA

August 16-17. Canadian Masters AA National Championships (M40+/W35+), Metro T&F Centre, York U., Toronto. Nonchampionships: M35+/W30+. Jim Flowers, 479 Drewry Ave., Willowdale, Ontario, M2R 2K9, Canada. 416-226-4713.

ON TAP FOR AUGUST

TRACK AND FIELD

After an eight-year hiatus from the West Coast, the USATF National Masters Championships return to California for a four-day session from the 7th through the 10th in San Jose. Over 1000 athletes are expected to participate in the 30th annual event. On a smaller scale, but with larger participants, the National Masters Weight & Superweight are scheduled a week later in Seattle on the 16th. The month opens with the Oklahoma Masters Meet, Tulsa, on the 1st-2nd, and the AGELESS Games, Minneapolis, on the 3rd, and closes with the Rocky Mountain Masters Games, Boulder, Colo., and Northern California Seniors Meet in Union City (Bay area) on the 30th. Multi-sport senior games (50+) are available in Colorado, Texas, Oklahoma, and Illinois.

LONG DISTANCE RUNNING

Events are wide ranging in place and length, starting with the George Sheehan 10K, Red Bank, N.J., on the 9th, and the New England 10K Championships, Salem, Mass., on the 10th. The Parkersburg Half-Marathon, W. Va., is set for the 16th, followed by San Diego's America's Finest City Half-Marathon, the Falmouth 7.1 Mile, Mass., and the Pikes Peak Marathon, Colo., on the 17th. While Northwest runners engage in the Hood To Coast Relay in Oregon, starting on the 22nd, others can opt for the Crim 10 Mile, Flint, Mich.; Maggie Valley 8K, N.C.; and a rarely run distance of 15 miles in the Charleston 15 Mile, W. Va., on the 23rd. Runners in the Silver State Marathon on the 24th will find plenty of preand post-race action in Reno.

RACEWALKING

The Nationals in San Jose include championship races in the 5000 on the track and women's 10K and men's 20K on the road.

September 6. Canadian Masters AA InterClub Championships, Metro T&F Centre, York U., Toronto. M35+/W30+. Awards – age-graded basis. Jim Flowers, 479 Drewry Ave., Wilowdale, Ontario, M2R 2K9, Canada. 416-226-4713.

INTERNATIONAL

August 16. XVII San Juan Masters Championships, Central Park Facility, Miramar Santurce, Puerto Rico. Prize money for M40+ mile. Puerto Rico Masters Association, PO Box 31300, 65th Continued on next page Continued from previous page

Infantry Station, Rio Piedras, PR 00929-0300. Wilfredo Picorelli, 787-757-1875; fax 787-757-1876.

September 28-29. Russia-Germany-Ukraine Match, Sotchi, Russia. Vadim Marshev, 8 Pervomaiskaya St., Himki, Moscow Region, 141400, Russia. Phone/fax: 7-095-573-4150; 7-095-412-4475; 7-095-456-1815.

October 24-November 1. Australian Masters Games, Canberra. The Games Company, GPO Box 2697, Canberra 2601, Australia. Hotline: 06-207-9097.

January 17-28, 1998. 9th Oceania Veterans Games, Hawkes Bay. Jim Tobin, Box 7144, Taradale Napier. Phone/fax: 06-844-5072; mobile phone: 025-240-8880.

August 9-22, 1998. 4th International Masters Games (multi-sports), Portland, Ore.

LONG DISTANCE RUNNING

NATIONAL

September 1. USATF National Masters 8K Cross-Country Championships, Pasco, Wash. Jim Peterson, 520 Franklin, Richland, WA 99352. 509-376-6731.

October 5. USATF National Masters Marathon Championships, Minneapolis/ St. Paul, Minn. Indy Life Circuit Race. 11/2 X points. Scott Schneider, 708 N. First St., #CR-33, Minneapolis, MN 55401. 612-673-0778.

October 25. USATF National Masters 15K Championships, Tulsa, Okla. Indy Life Circuit Race. Jack Wing, 4038 E. 48th St., Tulsa, OK 74135. 918-742-5418. November 14-16. Road Race Management's Race Directors' Meeting & Trade Show, Washington, D.C. RRMRD Meeting, 2300 Ninth St. South, Suite 300B, Arlington, VA 22204. 703-685-7181.

EAST

Connecticut, Delaware, Massachusetts, Maryland, Maine, New Hampshire, New Jersey, New York, No. Virginia, Pennsylvania, Rhode Island, Vermont

August 3. Manhattan Half-Marathon, Central Park. NYRRC, 9 E. 89th St., NY, NY 10128. 212-860-4455; fax: 860-9754. August 9. George Sheehan Classic 10K, Red Bank, N.J. John Haulenbeek, PO Box 157, Spring Lake, NJ 07762. 908-974-8457. August 10. USATF New England 10K Championships, Salem, Mass. SCNA, PO Box 8608, Salem, MA 01971-8608. 508-921-1990.

August 17. Falmouth 7.1 Mile, Falmouth, Mass. 508-540-7000.

August 24. Roosevelt Island 10K, NYC. NYRRC, 9 E. 89th St., NY, NY 10128. 212-

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860-4455; fax: 860-9754.

September 7. NYC Marathon Tune-Up 30K, Central Park, NYRRC, 9 E. 89th St., NY, NY 10128. 212-860-4455; fax: 860-9754.

September 14. Harvard Pilgrim 5K, Providence, R.I. Pilgrim 5K, PO Box 1940, East Greenwich, RI 02818. 401-331-4034. September 14. Runs For Life 10K & 3K, Picatinny Arsenal, Dover, N.J. Runs For Life, PO Box 210, Wharton, NJ 07885. Hotline: 201-927-8823; e-mail: drears.@ sunsite.unc.edu.

September 20. Great Cow Harbor 10K/RRCA Championships, Northport, N.Y. SASE to GCH 10K, PO Box 41, Northport, NY 11768.

September 21. Dutchess County Marathon, Fishkill, N.Y. Irvin Miller, 11 Manor Dr., Poughkeepsie, NY 12603. 914-471-0777.

September 21. Eriesistible Marathon, Erie, Pa. Tim King, PO Box 8311, Erie, PA 16505. 814-452-1023.

September 28. Falling Leaves 5K/RRCA National Championships, Utica, N.Y. Jim Stasaltis, Utica RR, PO Box 4141, Utica, NY 13504. 315-797-4949.

September 28. Rockland County Half-Marathon, Orangeburg, N.Y. Tappan Zee Boosters, PO Box 249, Orangeburg, NY 10962. 914-359-5425.

September 28. Philadelphia Half-Marathon. SASE to PDR, PO Box 43111, Philadelphia, PA 19129. 610-293-0786.

September 28. Richard S. Caliguri Pittsburgh Great Race 10K & 5K. Great Race, 400 City-County Blvd., Pittsburgh, PA 15219. 412-255-2493.

November 2. New York City Marathon. SASE for "How to Apply" brochure to NYC Marathon, 9 E. 89th St., NY, NY 10128. 212-860-4455; fax: 860-9754.

SOUTHEAST

Alabama, Florida, Georgia, N. Carolina, S. Carolina, Tennessee, Virginia

August 16. Big Dog 10K/Little Dog 5K, Ft. Eustis, Va. Mike Cicero, 757-878-2097.

August 23. Maggie Valley Moonlight 8K, Maggie Valley, N.C. 704-926-1686. August 29 (Fri.). Midnight Flight

Mile/5K/10K, Anderson, S.C. Masters money. Debra Sanders 864-226-5953; Dan Shoaf, 864-226-3063.

August 30. Cheatham Lake 6K, Williamsburg, Va. Rick Platt, Colonial RR, PO Box 657, Williamsburg, VA 23187. 757-229-7375.

September 1. U.S. 10K Classic, Atlanta. Classic, 6400 Highlands Pkwy., Suite C, Smyrna, GA 30082. 770-432-0100.

September 6. Run By The River 5K, Clarksville, Tenn. \$9600 for M&W masters & grandmasters. SASE to RBTR 5K, PO Box 3899, Clarksville, TN 37043. 615-647-3855

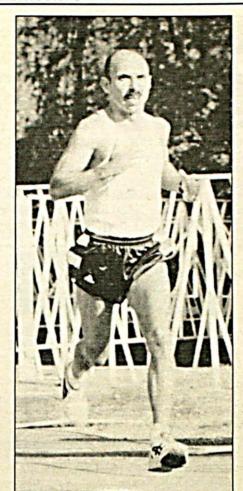
September 27. Virginia 10 Miler, Lynchburg. Chris Ellis, Greater Lynchburg C of C, PO Box 2027, Lynchburg, VA 24501. 800-732-5821.

February 28. Myrtle Beach Marathon & Marathon Relay, Myrtle Beach, S.C. Myrtle Beach Marathon, PO Box 8780, Myrtle Beach, SC 29578-8780.

MIDWEST

Illinois, Indiana, Kentucky, Michigan, Ohio, Wisconsin, West Virginia

August 9. Paavo Nurmi Marathon/Relay, Hurley, Wisc. 715-561-4334. August 16. Camden-Clark Parkersburg Half-Marathon/USATF Open Men's Na-



Michael Bressi, 43, Elizabethtown, Pa., second M40 (50:22), George Washington Parkway 15K, Alexandria, Va. Photo by George Banker

tional Championships. Louie A. Haer Jr., PO Box 718, Parkersburg, WV 26102. 304-424-2786.

October 19. Chicago Marathon, Marathon, Dept. 2100, 134 S. LaSalle St., Chicago, IL 60674-2100. 888-243-3344; fax: 312-243-5652

MID-AMERICA

Colorado, Iowa, Kansas, Minnesota, Missouri, New Mexico, N. Dakota, Nebraska, S. Dakota

August 17. Pikes Peak Marathon, Manitou Springs, Colo. PPM, PO Box 38235, Colorado Springs, CO 80937. 719-473-2625.

August 23. Charleston Distance 15 Mile, Charleston, W. Va. 304-348-6464.

September 1. Heart Of America Marathon, Columbia, Mo. Columbia TC, PO Box 1872, Columbia, MO 65205. 573-445-2684.

October 26. Greater Kansas City Marathon 10K & 5K, Kansas City, MO. Karen Raymore, PO Box 1216, Raymore, MO 64083

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

August 2. Texas Avenue Mile, El Paso. 915-533-9062.

WEST

Arizona, California, Hawaii, Nevada

August 17. America's Finest City Half-Marathon, San Diego. 619-297-3901.

August 24. Silver State Marathon, Reno, Nev. Ski Pisarski, SS Marathon, 2358 Camelot Way, Reno, NV 89509. 702-849-

September 19-20. The Relay - Napa To

Santa Cruz, Calif. 194 miles/12-member teams. Starts in Calistoga. The Relay, 570 El Camino Real, Suite 150, Redwood City, CA 94063. 415-508-9700; fax 508-9703.

September 28. Orange County Race For The Cure 5K, Newport Beach, Calif. Kinane Events, 2987 Highland Dr., Carlsbad, CA 92008. 714-224-0299.

October 11. Wrightwood Mountain Challenge, Half-Marathon & 5K, Wrightwood, CA. Kathy Smith, PO Box 1815, Wrightwood, CA 92397.

NORTHWEST

Alaska, Idaho, Montana, Oregon, Utah, Washington, Wyoming

August 22-24. Hood To Coast Relay, Mt. Hood to Seaside, Ore. 195 miles. Also shorter Portland To Coast Run Relay & Walk Relay. New categories: 50+ men's, women's and mixed teams. SASE to HTC Relay, 5319 SW Westgate Dr., Suite 262, Portland, OR 97221. 503-292-4626; fax 292-4113.

September 20. Idaho Women's Fitness Celebration 5K, Boise. Maryanna Young or Anne Audain, 511 W. Main St., Boise, ID 83702. 208-331-2221; fax: 331-2223.

September 20. Prefontaine Memorial 10K, Coos Bay, Ore. 541-269-1103.

September 28. Portland Marathon. PM, PO Box 4040, Beaverton, OR 97076. Hotline: 503-226-1111.

October 4. St. George Marathon, Utah. 4000 limit; registration closed. 801-634-5850.

INTERNATIONAL

August 31. BVAF Marathon Championships, Stokes Ferry, Norfolk, England. Tony Hunt, The Dell, Stokes Ferry, Norfolk, England. Tel: 01366500309.

October 26. Athens Marathon, Athens, Greece. Apostolos Greek Tours, Inc., 3145 S. Akron St., Denver, CO 80231. 970-669-8377.

RACEWALKING

August 7-10. USATF National Masters T&F Championships, San Jose, Calif. W10K roadwalk; M20K roadwalk; 5000m track. See T&F National schedule.

August 22-23. Portland To Coast Walk Relay, Portland to Seaside, Ore. 125 miles. Team: up to 12 walkers, each traveling 2 legs from 3.9 to 7.1 miles. See LDR-Northwest.

September 7. USATF National Masters 40K Racewalk Championships, Long Branch, N.J. Elliott Denman, 28 N. Locust Ave., West Long Branch, NJ 07764. 908-222-9080. Ray Funkhouser, 908-341-7386. September 13. USATF National Masters 5K Racewalk Championships, Kingsport, Tenn. Bobby Baker, 318 Twinhill Dr., Kingsport, TN 37660.

September 14. BVAF 10K Racewalk Championships, Leicester, England. Peter Adams, 7 University Close, Syston, Leicester, LE7 2AY, England. Tel: 0116 2606628.

September 27. Alongi Intl. Racewalk Classic, Dearborn, MI. Vance Genzlinger, c/o Genzlinger Associates, 5700 Crooks Road, Ste. 212, Troy, MI 48098.

October 12. USATF National Masters 1-Hour Racewalk Championships, Cambridge, Mass. Justin Kuo, USATF New England, PO Box 1905, Brookline, MA 02146-1905. 617-821-3000; 731-9062.

RECIPIENTS OF CERTIFICATES/PATCHES AS ALL-AMERICANS FOR ACHIEVING U.S. STANDARDS OF EXCELLENCE

M40-44			eres de	M55-59	- Internation	we mid	or and the	M70-74		ALEKS PR	THE REAL PROPERTY.	
Bob Blackburn	Long Jump	19-11	06-14-97	Jim Clark	800	2:29.97	03-24-97	Gian Sahota	800	3-06-62	05-28-97	
Mark Breault	Pole Vault	13-2	06-08-97		800	2:25.44	05-11-97	Ciali Saliota	1500		05-28-97	
Rick Easley	400	53.1	06-11-96		Mile	5:21.98	03-23-97		5K	22:35	05-28-97	
	800	2:01.55	05-12-96	Robert Ferrier	1500 RW	7:46	05-26-97		10K	46:43	05-28-97	
	400HH	60.58	08-22-96		5K RW	26:09	05-26-97		Javelin	101-07	05-28-97	
Brad Reid	Discus	143-5	05-17-97	Gerard				Winfred Talley	5K	22:08	05-28-97	
Barry Wise	100	11.11	06-24-97	Malaczynski	10K	37:17.2	05-31-97	winned rancy	10K	46:40	05-28-97	
M45-49	200	23.67	06-24-97	M60-64								
Larry Readman	56# Weight	8.45	04-06-97	Bob Golly	100H	19.93	06-29-97	M75-79				
M50-54	Control of the Control		The second second		200	28.22	06-29-97	Gilbert Young	High Jump	1.14	06-29-97	
Geoffrey Brown	Discus	141-6	06-17-97	M65-69	The same of the same of							
Gary Geiger	200	25.2	06-10-97	Robert Coffey	10K	43:21	05-24-97	W40-54				
Bill Harriman	Mile RW	8:03.3	05-21-97		5K	20:13	05-26-97	Jo Ann Owen	5K RW	27:48	05-26-97	
Mark Hosler	5K	16:37.60	04-20-97	John Hurd	200	29.16	05-28-97		1500 RW	8:22	05-25-97	

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		15:42	16:06	16:44	17:30	18:24	19:36		6:51	7:38		10:10 32:30
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80H					10.0	19.0	20.0	21.3	18.0	21.0	25.0	30.0
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4	9-101/2	46-31/4	42-8	39-41/2	40-81/4	36-9	39-41/2	35-51/4	33-0	28-101/2	25-11/4	21-4
Discus	44.80	42.60	40.60	38.00	40.00	36.40	40.00	36.80	31.60	26.40	21.40	16.20
The Landson	147-0	139-9	133-2	124-8	131-3	119-5	131-3	120-9	103-8	86-7	70-21/2	53-2
Hammer	47.24	44.20	41.14	38.10	38.40	36.00	36.00	33.00	29.00	25.00	22.50	18.00
nammer	155-0	145-0	135-0	125-0	126-0	118-1	118-1	108-3	95-2	82-0	73-10	60-0
Jav	62.00	57.00	52.00	48.00	43.00	38.50	40.00	35.00	29.00	24.00		15.00
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56#Wt.	9.50	9.00	8.50	8.00	6.00	5.00	4.50	4.00	3.50	3.00	2.50	2.00
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JON 12	.41 1	12.20	25.58	44-45	72:52	1:32:08	2:21:52 erval (e.g.	3:11:28	4:06:38	5:03:17	6:57:43	9:11:3

U.S. MASTERS STANDARDS OF EXCELLENCE FOR WOMEN 100 200 400 800 1500 40-44 14.6 30.3 67.5 2:40 5:29 50-54 55-59 15.6 16.2 32.5 34.0 71.5 73.5 60-64 16.9 35.7 78.5 3:19 6:48 70-74 18.8 40.0 90.0 3:56 8:04 35-39 14.2 29.2 65.5 30-34 13.8 28.0 63.5 45-49 15.0 31.4 69.5 80-84 21.2 47.0 103.3 65-69 17.8 37.5 75-79 20.0 43.5 96.5 4:09 8:52 83.7 2:46 5:40 6:07 22:16 2:32 5:10 2:35 5:19 5:44 2:54 5:58 3:05 6:20 3:36 7:23 4:35 9:48 5:34 19:45 5:55 21:20 6:49 24:16 7:19 26:08 7:46 28:08 8:47 30:08 9:39 32:21 10:45 34:26 Mile 6:26 5000 10000 100H 80H 20:30 42:40 23:12 41:00 17.2 44:40 47:00 49:30 52:00 56:00 86:00 15.0 15.8 16.5 17.6 18.7 20.2 22.2 25.0 28.0 400H 300H HJ 75.5 79.9 84.4 88.8 66.0 79.0 87.0 96.0 1.27 4-2 1.12 3-8 1.07 3-61/4 1.02 .97 3-21/4 .92 3-01/a 1.35 4-51/4 3-11 2-11 2.70 8-101/2 2.40 7-101/2 1.80 5-11 1.50 4-11 1.00 0.90 2-11 0.80 2.10 6-11 3-11 3-714 2-31/2 5.00 16-5 4.60 15-1 3.55 11-8 3.20 10-6 2.85 9-41/4 2.60 8-61/4 2.35 7-81/a 2.10 6-11 2.00 6-7 W 4.25 3.90 10.00 32-10 9.20 30-21/4 8.60 7.80 28-21/2 25-71/4 7.18 23-7 5.70 18-81/4 6.40 21-0 5.20 17-1 4.70 4.20 15-5 13-9'/4 3.80 9.30 30-61/4 7.95 7.20 26-1 23-71/2 8.40 7.70 27-7 25-3'/4 6.50 5.80 21-4 19-01/4 5.25 17-3 4.70 15-5 10.30 4.25 33-91/2 13-111/4 25.00 82-0 19.00 62-4 18.00 59-1 16.00 52-6 15.00 49-2 14.00 45-11 13.50 44-4 33.50 Jav 39.50 27.50 21.50 26.0 85-4 30.0 98-5 8.00 24.0 78-9 25.0 82-0 16.0 52-6 18.0 59-1 3.50 5.50 4.50 30.0 98-5 27.8 22.0 72-2 23.0 75-6 6.00 8.00 5.25 20.0 65-8 18.0 59-1 20.0 65-8 4.00 6.00 4.75 14.0 45-11 13.5 44-4 9.0 29-7 2.75 4.75 3.00 2300 15.0 49-2 14.0 45-11 3.25 5.25 4.00 91-2 22.0 72-2 5.00 7.00 5.00 32.5 35.0 12.0 39-5 3.00 5.00 3.50 114-10 20#Wt. 10.00 9.00 7.00 16#Wt. Sup.Wt. 6.50 6.00 5.50 5.00 Wt.Pen. 2600 2500 2500 2500 2600 100 standards are for automatic time; us Short hurdles: 30-49: 33"; Shot put: 30-49: 4k; Javelin: 30-49: 600gm; Hammer: 30-49: 4k; Metric heights and distances are the sta Superweight: 30-49: 35-lb; 50+: 25-lb

ALL-AN	MERICAN CERTIFICATE	PATC	H
NAME	AGE-GROU	P	
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☐ CERTIFICATE	□ PATCH		☐ PATCH TAG
letely. 2. A copy of your results or a sis application. 3. Please send \$10 for a certificar. The cost for both a certification. 4. Send to: All-American, Nation 5. A 3-color, 8" by 10" certificians.	note stating in which Issue your resulticate, \$10 for a patch, and \$10 for a patch and patch ordered at the same time onal Masters News, P.O. Box 50098, Eate, suitable for framing, and/or a 3-collow eight weeks for a patch tag.	its appeatch tag	eared MUST accompan g showing event and OR 97405.

TRACK & FIELD RESULTS

Please send results to: National Masters News, P.O. Box 50098, Eugene OR 97405. To keep information current, we generally do not publish results more than 4 months old. Results that are typed (maximum 28 spaces / 21/4" wide) in our format receive preference. Deadline is the 10th of the month prior to issue date.

NOTICE: The National Masters News will no longer process results that are submitted handw

EAST

istr.	MAC New York R	elays
	dalls Island, NYC	; May 3-4
100		
M30	Joseph Benciveng	a 12.30
M40	Rockdale Hudson	
M45	Jesse Norman Gene Ballard	12.60
		13.30
M60		21.80
W30	Aletha Morris	13.60
4001	The second secon	
M35	Conor O'Driscoll	56.10
M40		56.50
M60	Tom Talbott	1:34.40
W30	Aletha Morris	1:04.80
W45	Mary Trotto	1:32.00
800n	THE PARTY OF	The state of
M30	David Ducker	2:46.30
M35	Donor O'Driscoll	2:05.50
M40	Joe Gonzalez	2:26.00
M50	Frank Handelman	2:25.70
W45		3:38.80
Mile		
M30	Grover Prince	5:22.00
M65	Joseph Kernan	7:42.50
M70		7:42.30
W45	Mary Trotto	7:27.80
	Jump	1.21.00
	Tom Talbott	2.45
2000	e Jump	2.43
	Tom Talbott	
		5.99
Shot	THE PARK TO SEE STATE OF THE PARK THE P	10.00
	Rich Dunphy	10.93
	William Barker	10.48
W30		8.80
W45	Joyce Halls	7.30
240 CE 150M	Anne Cirulnick	8.25
Discu		
M45	Rich Dunphy	27.22
M60	William Barker	36.04
	Roslyn Katz	20.80
W60	Anne Cirulnick	17.36
Jave		
M50	Harry Schneider	41.64

MAC Field & Multi-Event

M60 William Barker 25.46 W30 Michele Bussanich 21.54

25.46

11:16.50 9:44.40

10:06.20

15:50.80

M55 Richard Kaye

W55 Roslyn Katz Mile RW

M70 Len Scheer W40 Luanne Pennesi

W60 Rhoda Green

3000m RW M50 Gary Null

Carnival	
Randalls Island, NYC; Ma	ay 18
High Jump	
M70 Desmond Margetson	1.07
Long Jump	
M70 Desmond Margetson	2.93
Triple Jump	
M70 Desmond Margetson	6.73
Shot Put	
M40 Dennis Hansen	12.43
M45 Rich Dunphy	10.66
M50 Carl Levine	9.52
M55 Charles Greene	9.54
M60 Pete Barker	10.96
W30 Michelle Bussanich	6.38
W55 Roslyn Katz	7.56
Discus	
M45 Rich Dunphy	25.34
M50 Frank Monroe	35.76
M60 Pete Barker	34.30
W30 Michelle Bussanich	12.60
W55 Roslyn Katz	20.44
Javelin	
M30 Daniel Alonzo	61.84
M40 Karl Molitoris	48.88
M50 Carl Levine	26.08
M55 Richard Kaye	19.90

I	M60	Pete Barker Desmond Margetson Michelle Bussanich Roslyn Katz	25.26
ı	M70	Desmond Margetson	14.44
ı	W30	Michelle Bussanich	20.52
ı	W55	Roslyn Katz	18.48

Potomac Valley TC Meet Alexandria, VA; May 25

100r	n	
M30	Todd Barborek	12.30
M40		14.50
M50		13.20
M60		13.00
200 n		
M30		26.10
M35	Mac Allen	27.30
M40	Thomas Jones	23.20
M45	J J Wind	33.50
M50	Walter Gibson	28.70
M60	William Smith	36.20
W40	Pamela Wusthof	34.40
400m	THE PARTY OF	
M35	Mac Allen	59.40
M40	Cyrus Roher	55.00
M45	Jack Barrar	1:02.90
M50	Edwin Simmons	1:13.70
M60	Larry Colbert	57.40
W40	Pamela Wisthof	1:19.90
800m		100
M35	Gordon Smith	2:10.50
M40	Bruce Hamilton	2:05.30
M45	Wayne Harris	2:21.00
M65	James Keat	3:21.40
W35	Keg Good	3:05.60
Mile	Tel Cool	3.03.00
M30	Charles Ferguson	4:49.10
M35	Anthony Vodacek	4:37.70
M40	Bruce Hamilton	4:37.50
M45	Paul Ryan	4:44.50
M50	Bob Weiner	5:49.80
M65	Larry Dickerson	5:57.00
W30	Nancy Horan	6:02.10
W35	Bernadette Flyn	5:59.60
	Joy Chambers	9:04.20
3000		7.04.20
	Pamela Wusthof	14:55.90
	t Hurdles	14.33.50
	d Jeremiah	15.70
	Hurdles	13.70
	John Martin	1:05.20
	Jump	1.03.20
Mas	David Short	5.6
M40	Bruce Hamilton	5-6 5-2
MSO	Bob Weiner	3
M65	John Martin	3-6
Shot		3-0
M45	Fugene Rums	45-4
M50	Victor Litwinski	31-10
M55	Albert Gardner	
Disc		

3000m RW M45 B E Booth 14:53.00 M50 Victor Litwinski 17:18.00 New York Masters Spring Classic, Kings Point, L.I. New York; June 1 100m M30 Jim Reilly

M45 B E Booth 7:43.20 M50 Victor Litwinski 8:58.60

M40 Rob Richardson 114-10 M50 Mike Matthew 118-6 M55 Norman Johnson

M60 Bill Smith

W45 Jo Burns

M40 Rob Richardson

M45 Randy Yohe M50 Russ White

W35 Keg Good W49 Jo Burns

W35 Keg Good

M35 John Posey

1600m RW M30 Cliff Tell

Javelin

93-9

136-6

121-7

92-3 170

15-9

11:59.90

10:18.50

23-6

Nati	onai M	asters News	
MAO Bisk Lane	122	WSO Journe Bake	16.00
M40 Rick Lapp	12.2	W50 Joyce Bahr	16.90
M45 Jesse Norman	11.8	W55 Roslyn Katz	19.98
M50 Ron Johnson	12.0	W60 Anna Cirulnick	17.70
M55 Julio Marin	13.7	Hammer	#151
M60 Kim Thomas	13.9	M50 Terry Shuman	43.92
M65 Tom McCormick	15.7	M60 Pete Barker	32.16
M70 Don Brown	19.0	M70 Jim Crawford	33.46
M80 Sparks Sorlein	19.3	M80 Paul Narcessian(4k)	
		A STATE OF THE PROPERTY OF THE	
W30 Aletha Morris	12.8	Paul Narcessian(5k)	a colored page
W35 Louise Clark	13.4	W30 Virginia Palmer	26.42
W40 Denise Avent	14.5	W50 Joyce Bahr	20.38
W45 Sharon Warren	14.0	W55 Roslyn Katz	29.78
W50 Mary Trotto	18.7	W60 Anna Cirulnick	23.26
200m		Javelin	
M40 Francis Schiro	25.1	M30 Dan Alonzo 20	03-9
M45 Jesse Norman	23.7		53-3
,			1.1
M50 Ron Johnson	24.0		08-4
M55 Julio Marin	27.3		52-7
M60 K M Thomas	30.2	M60 Bob Youngs 1	48-2
M65 Tom McCormick	32.2	W30 Nicole Phillips	73-7
M70 Don Brown	40.7	W50 Joyce Bahr	45-1
M80 Sparks Sorlein	41.1		61-4.50
W30 Aletha Morris	26.6	Weight Throw	
			14.23
W35 Helen Nelson	27.7	M30 Glenn Thompson	
W40 Denise Avent	29.9	M35 Warren Taylor	8.32
W45 Sharon Warren	29.1	M50 Terry Shuman	11.99
W50 Mary Trotto	37.7	M60 Marty Kintish	11.72
400m	The Later	M70 Jim Crawford	10.22
M35 Joseph Russi	57.4	W30 Virginia Palmer(35	
M40 Adrian Sterrett	54.5	W55 Roslyn Katz	10.74
M45 Rob Jackson	65.0		
	55.0	W60 Anna Cirulnick	7.60
M50 Richard Hammer	58.6	MAC Masters Champio	nshine
M55 Edward Small	1:04.8	St. Johns Univ., NYC; J	lune 21
M60 Tom Talbott	1:20.3	100m	21
M70 Don Brown	1:31.9	M30 Mark Steinberg	11.7
W30 Charlene Landrun			
W35 Caryl Senn	1:03.4	Billy Vaughn	11.7
W50 Mary Trotto	1:30.4	M35 Wm R Vaughn Jr	11.9
800m	1.30.4	M45 Ed Gonera	11.3
Action of the second of the se		M50 Ron Jackson	11.5
M30 Adrian Sterrett	2:07.3	M55 Julio Marin	12.7
M40 Joe Gonzalez	2:20.8	M60 Tom Talbott	16.1
M50 Luis Taran	2:46.8		12.6
M60 Tom Talbott	4:24.5	W 30 Aletha Mollis	State of the last
M65 Joe Kernan	3:22.8	W35 Helena Nelson	13.1
M70 Don Brown		W45 Sharon Warren	13.5
	4:01.1	200m	ALLES
W35 Georgette Dubois	2:54.2	M30 Vincent Goodman	24.0
1500m	1 PV45	M35 Wm R Vaughn Jr.	24.3
M40 William Vaughn	4:19.5	M40 Francis Schiro	24.6
M45 Juan Hernandez	4:58.0	M45 Ed Gonera	22.6
M50 Luis Teran	5:33.9	M50 Ron Johnson	24.0
M65 Joseph Kernan	6:46.1		
M70 Don Brown	7:32.2	M55 Julio Marin	26.7
		M60 Cliff Pauling	28.7
W35 Georgette Dubois	5:42.5	W30 Charlene Landrun	27.5
W50 Mary Trotto	6:50.1	W45 Sharon Warren	28.8
5000m		400m	(Special)
M40 Paul Salerni	20:32.4	M30 Henry Sanders	526
M45 Bob Morite	17:41.7	M30 Helly Sanders	52.6
High Jump		M35 Anselm LeBourne	53.2
M30 Don Olson		M40 Keith Royster	54.7
	6-2	M45 Ed Gonera	52.8
M45 Ivan Black	4-10	M50 Rich Jones	1:00.9
W30 Aletha Morris	4-10	M60 Cliff Pauling	1:02.2
Long Jump	STATE OF	W30 Charlene Landrun	Mary and the second
M35 Jose Neftali	13-3		1:06.1
M45 John Oleski	18-5.50	800m	- The R
M50 Luis Teran	11-3.75	M35 Alan Sangeap	2:28.9
M55 Julio Marin	AUTO DE VINCENS	M40 A Sterrett	2:07.2
M60 Ed Kent	13-8.50	M45 Rob Jackson	2:07.9
	14-9.50	M50 Joe Burleson	2:41.1
M70 Don Brown	8-10.50	M60 Jim Aneshansley	2:30.4
M75 Hillar Saareste	10-1.75	M65 Joe Kernan	3:02.8
W30 Dawn Best	1250	M70 John McManus	
W35 Carly Senn	16-9.50	M75 William Benson	2:46.9
Triple Jump	HE WAT	WEO Colored Benson	3:21.7
M40 Ivan Black	37-6.50	W50 Sylvie Kimche	2:46.4
M50 Bill Walsh		1500m	THE REAL PROPERTY.
	33-6.75	M35 Paul Stuart-Smith	4:20.4
M60 Ed Kent	2850	M40 Miles Vaughn	4:17.4
M75 Hillar Saareste	22-6	M45 Saral Opera	5:19.4
M80 Sparks Sorlein	23-1.50	M50 Michael Wilson	4:49.8
Shot Put	MA-11-32	M60 Witold Biakolur	District Committee
M30 Glenn Thompson	18.00	M65 I V	5:02.5
M35 Warren Taylor	15.27	M65 Joe Kernan	6:47.1
M45 Karl Johnson		M70 John McManus	6:16.3
	14.90	M75 William Benson	7:09.8
M50 Terry Shuman	13.96	W30 Elizabeth Murray	5:01.8
M55 Jai Sinf	9.13	W50 Sylvie Kimche	5:41.9
M60 Meemo Maasik	11.75	5000m	2
W30 Nicole Phillips	10.25	M26 0 -	18:04
W50 Joyce Bahr	7.36	1440 D 101	18:04.1
W55 Roslyn Katz	7.75	1446 111 1 11	20:12.0
W60 Anna Cirulnick	7,000		18:31.8
	8.65	M50 Julio Aguilar	18:28.6
Discus	3 70	M60 Carlos Morales	27:28.7
M30 Jim Seifert	57.28	Short Hurdles	1
M35 Warren Taylor	46.72	M45 Ivan Black	19.8
M45 Karl Johnson	42.26	M50 Mike Milove	
M50 Terry Shuman	45.78	Long Hurdles	16.6
M60 Meemo Waasik	38.22	M40 Joseph C	2 24
THOU INTECTION WAZSIK	27.68	M40 Joseph Gonzalez M45 Jesse Norman	1:06.4
M70 Herb Control	// hX	WIND JESSE Norman	100.
M70 Herb Cantor W30 Nicole Phillips	29.48	M60 Ed Kent	1:05.4

W30 T Water(?)	1:23.9 M4	-
High Jump M30 David Olson	1.84	
M45 Rick Lapp	1.61 M4	5
M50 John Harbulak	1.32	
M70 Des Margetson W30 Alethea Morris	1.07 1.40 M5	
Pole Vault	1.40 M6	C
M30 Duncan Littlefield	14-6 M6	5
M35 Rob Doran M55 Norm Cyprus	10	
Long Jump	M7	0
M45 Ivan Black	5.17 M7	5
M60 Ed Kent W30 Dawn Best	4.07 3.46 W3	ĸ
Triple Jump	5.40	
M45 Rick Lapp	11.03 W3	
M60 Ed Kent	8.55 WS	.,
Shot Put M50 Harry Schneider	11.76	
M60 Pete Barker	10.68 W6	
W30 Nicole Phillips	9.54 M3	15
W35 H Carter-Range	8.71 M4	C
W40 Joyce Halls W50 Joyce Bahr	7.60 7.17	
W55 Roslyn Katz	7.17 M4	
W60 Anne Cirulnick	7.93	
Discus	62 90 M5	×
M30 Dan Dillon M35 Rob Doran	52.80 34.76 M6	
M45 Glenn Weaver	29.20 MG	*
M50 Frank Monroe	35.40 M6	
M55 Norm Cypress M60 Pete Barker	30.30 W	
W40 Barbara McCuen	35.24 19.50 W	
W50 Joyce Bahr	17.96 800	0
W55 Roslyn Katz	20.44 M3	Ľ
W60 Anne Cirulnick Hammer	19.20 M4	
M35 Mike Bersch	49.06 M5	•
M50 Carl Levine	25.22	
M55 Norm Cyprus	39.80 M5	
M60 Pete Barker W40 Barbara McCuen	32.34 M6	
W50 Joyce Bahr	19.32 22.92 M7	7
W55 Roslyn Katz	31 02 W3	Ľ
W60 Anne Cirulnick	21.30 W4	(
Javelin M30 Daniel Alonzo	65.68 W5	X
M40 Karl Molitoris	45.96 MI	11
M45 Glenn Weaver	36.10 M3	
M50 Harry Schneider	41.82	
M60 Pete Barker W30 Nicole Phillips	25.74 21.00 M4	4
W40 Christine Moore	19.08	Ī
W45 Joyce Halls	9.52 M	4
W50 Joyce Bahr W55 Roslyn Katz	17.12	i
W60 D Curlie Faber	17.28 15.20 Ms	5
3000m RW	Me	6
M45 Walter Krumholz	19:49.4 M	
M50 Rudra Tamm	16:32.8 W	
M60 Bob Barrett	16:20.8 W	4
Randolph Classic Trac	ck Meet W	
Randolph, NJ; Jun	A.C. 50	X
M30 Leonard Sanders 33 1	1.6 83.2 M	
	2.2 81.4 M	•
M40 John Brooks 42	1.8 86.9 M	
	2.4 82.2 W 2.9 80.2 W	
M45 Jesse Norman 46 12	2.0 87.8	
Philip Felton 48 12 H Rubinstein 48 13	2.4 86.2 M	7
M50 Joseph Johnson 50 1	1.9 90.9	
Jessie Nitkowski 50 13	2.5 87.8 MG	6
M55 Nate Byrd 58	3.5 84.7 N	
John MacDonald 60 1/	3.2 90.5 M4 4.2 81.7 M4	
M65 James Stookey 67 13	3.2 92.8 LIL	a
Robert Bruce 68 1	3.5 92.5 M3	
	1.7 85.8	44
Bill Townsend 70 17	7.2 73.5 M4	
M/5 Jim Manno 76	5.0 89.7 5.1 89.1	
M85 Manfred D'Elia 88 20	0.8 77.0	
Iris Leak 34 45	1.1 75.8 M6 5.5 69.0 M6	
W35 Marilyn Vaughn 37 15	5.1 72.4 M7	7(
W40 Cheryl Alston 40 13	5.5 66.4 M8 3.9 80.4 M8	_
W50 Norma Jones 51	.3 74.3	2
W60 Phyllis Bradley 60 17	.5 74.8 W4	4(
W65 Diane Stone 65 24	.8 55.4 Po	٠.
M30 Leonard Sanders 33 23	0.0 85 1 M4	į

M30 Leonard Sanders 33 23. M35 Sal Allah 37 22.

	and the second second second second
1:23.9	Jim Fox 37 24.4 82.5 M40 John Brooks 42 23.4 89.1
I TELL	M40 John Brooks 42 23.4 89.1 Archie Glaspy 42 23.7 88.0
1.84	Ken Bauersteid 42 26.2 79.7
1.61	M45 Jesse Norman 46 24.1 89.0 Karl Castor 45 24.7 86.3
1.32	MichaelMaslowski49 25.5 86.0
1.40	M50 Joseph Johnson 50 24.7 89.4 M60 Alex Johnson 64 28.8 85.3
14.00	John MacDonald 60 29.3 81.1
14-6	M65 James Stookey 67 27.9 90.4
10	Ed Cox 69 28.7 89.6 Robert Bruce 68 30.1 84.7
10	M70 HowardMacMillan70 31.1 83.6
5.17	Manny Herscher 71 32.9 86.2 M75 Jim Manno 76 32.2 86.5
4.07	Ed Matthews 76 32.3 86.2
3.46	W30 S Williams 34 28.7 75.8 Richelle Chandler31 30.7 69.9
	W35 Ida James 37 35.6 62.7
11.03 8.55	W40 Cheryl Alston 40 29.5 77.4 Renee Digiacomo42 32.1 72.3
8.33	W50 Sylvie Kimche 50 33.6 73.8
11.76	Norma Jones 51 35.3 70.8
10.68	W60 Phyllis Bradley 60 38.9 69.4 400m
9.54	M35 Sal Allah 37 49.7 90.7
8.71	M40 Anthony Baker 44 1:00.3 78.4 Ken Bauersfeld 42 1:00.5 77.0
7.60	Rockdale Hudson43 1:01.2 76.7
7.58	M45 Philip Felton 48 54.9 88.5 Karl Castor 45 55.2 86.2
7.93	MichaelMaslowski49 56.6 86.5
	M50 Paul Henry 52 57.9 86.5 Jessie Nitkowski 50 59.8 82.5
52.80	Glenn Schmehl 53 1:00.3 83.7
34.76 29.20	M60 Alex Johnson 64 1:03.7 87.1 John MacDonald 60 1:05.0 82.3
35.40	M65 William Bergen 69 1:14.5 78.5
36.56	M75 Jim Manno 76 1:19.4 80.3
35.24	W30 Richelle Chandler31 1:12.0 66.8 W40 P Dickson-Taylor 44 1:06.6 79.7
19.50	W50 Sylvie Kimche 50 1:13.2 76.3
17.96 20.44	800m M35 Bill Mariski 36 2:04.6 84.5
19.20	Robert Hill 38 2:19.6 76.5
Total 1	M40 Chris Monroe 43 2:14.9 83.2 M45 Roger Price 48 2:21.1 81.4
49.06	M50 John Saarmann 54 2:27.9 81.5
25.22	Thomas Cannon 54 2:29.9 80.4 Bill Indek 50 2:37.1 74.3
39.80 32.34	M55 Dave Gerridge 57 2:24.4 85.7
19.32	M60 Robert Evan 60 2:38.5 80.2 Irwin Bernstein 64 2:42.0 81.6
22.92	M75 Jim McGilvray 77 3:59.3 65.0
31.02	W35 Edna Crawley 38 2:38.6 75.3
21.30	W40 P Dickson-Taylor 44 2:33.8 81.7 Wendi Glassman 41 3:04.6 66.3
65.68	W50 Sylvie Kimche 50 2:45.2 80.2
45.96	Eileen Cox 53 3:01.9 74.9
36.10	M30 Bruce Park 33 4:38.5 80.8
41.82	M35 Karl Amundson 36 4:26.2 86.3 Bill Mariski 36 4:27.0 86.1
25.74	Robert Hill 38 5:18.2 73.2
21.00	M40 John Kennedy 40 4:55.2 80.0 Rick Clinton 43 5:27.0 73.9
19.08 9.52	Anthony Baker 40 5:39.9 71.6
17.12	M45 Roger Price 48 5:04.5 82.4 Tony Plaster 45 5:10.8 78.9
17.28	Juan Hernandez 46 5:25.9 75.8
15.20	M55 Vic Zwolak 58 5:02.5 90.3 M60 Robert Evan 60 6:15.2 74.1
	M75 Jim McGilvray 77 8:31.4 66.7
19:49.4 16:32.8	M80 Dudley Healy 83 8:20.1 75.8 W30 Jennifer Buccino 31 5:44.9 72.1
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Short Hurdles

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Ray Feick 65 12.65 63.2 M70 Zelig Strauss 74 5.20 27.3 M80 Ian Hume 81 12.38 69.5	M55 Larry Judd Jerry Frank	9.90 4.32
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M55 John Molendyk 55 9:47.7 62.8 M60 Frank Sullivan 64 10:15.5 65.3	M30 Neil Marotta M35 Wm Truesdale	10.90
M70 John Nervetti 71 8:47.3 82.2	Dan Taylor	11.46
W65 Diane Stone 65 11:23.8 67.3	M45 Bruce Hedendahl	13.17
SOUTHEAST	M50 Larry Morrell M55 Chas Fennelle	10.38
Florence TC Hot Feet Series	Bob Cahners	9.39
Florence, SC; June 7	M60 Rudy Houg	8.83 11.52
56# Weight	Frank Bonneville	10.38
M40 David Vandergriff 10.38 M45 Carl Mott 4.26	M65 C Fraundorfer	8.85
M55 Mike Valle 6.57	M75 Tom McDermott	8.22
M60 Tim Twomey 6.56 M65 Pay Carstensen 6.18	M30 Neil Marotta	31.52
Mack Branham 4.32	M35 Wm Truesdale Mike Richardson	30.75 26.40
W35 Marily Senz 4.08	M45 Bruce Hedendahl	39.46
98# Weight M40 Bob Gunn 4.17	M50 Gary Lane	40.03
David Vandergriff 3.87	Larry Morrell M55 Larry Judd	30.29
M45 Carl Mott 2.47 M55 Mike Valle 3.04	Bob Cahners	30.38
M60 Tim Twomey 2.89	Jerry Frank	22.46
M65 Pay Carstensen 3.13	M60 Rudy Houg Frank Bonneville	46.13 36.16
W35 Marilyn Senz 2.34 Weight Pentathion	M65 C Fraundorfer	32.92
(HT/SP/DT/JT/WT)	Ahmet Ardatton	29.97
actual marks/4 attempts Pay Carstensen M65 3922	M75 Tom McDermott Hammer	28.00
(37.60/10.96/33.64/29.60/14.52)	M35 Mike Richardson	18.91
Mack Branham M65 3609 (30.78/10.78/38.38/28.58/11.48)	M45 Bruce Hedendahl	40.10
Mike Valle M55 3354	M50 Larry Morrell M55 Bob Cahners	23.54
(36.00/10.64/35.56/27.32/12.73) Dick Bergenback M70 3084	M65 C Fraundorfer	32.86
(31.84/8.13/26.84/24.48/11.30) John Snaden M70 2482	M75 Tom McDermott Javelin	30.82
(20.92/8.53/23.16/21.06/8.44)	M30 Neil Marotta	41.02
Karl Mott M45 1887 (22.84/7.24/24.54/29.34/6.84)	M35 Dan Taylor	44.25
Marilyn Senz W35 3644 (38.30/11.43/38.68/36.68/13.96)	Mike Richardson M40 Jesus Virella	28.09 45.96
Lillian Snaden W65 1849	M45 Bruce Hedendahl	37.20
(13.40/5.40/11.54/9.84/6.42)	M50 Gary Lane	41.25
USATF Florida Masters	M55 Jerry Frank	29.15 26.31
Championships Kissimmee; June 22	M65 Ahmet Ardatton	23.38
100m	5000m Racewalk M45 John Fredericks 2	6:52.29
M35 Dan Taylor 12.47	M50 C S Monte Carlo 2	8:57.99
M50 Jon Davis 13.14 Eric Hill 13.60	M55 Bob Cella 2 M60 P Whitehurst 3	
M55 Jerry Frank 14.02	M65 Bob Fine 3	1:54.20
N DeLaneuville 14.07 M60 Joe Shanahan 15.21	W60 Mindy Beinert 3	3:04.25
M75 John Anoka 16.58	Charlotte TC Mil	е
W35 Dana Baumgartn 13.17	Charlotte, NC; Jun	
W45 Susan Hill 18.58 G60HeraclesChandek14.77	M30 Pender Murphey 4 Matt Rich	:46.39
200m	A STATE OF THE STA	:56.98
M30 Brett Lawler 22.54 M35 Dan Taylor 26.00		:56.33
M35 Dan Taylor 26.00 M40 Charles Smith 25.08	Dale Rudiger 4 Anthony Pizzuti 5	
M50 Jon Davis 27.41	M50 Dwight Stewart 5	:51.35
Eric Hill 28.41 J C Shenk 28.45		5:00.20 5:09.08
M55 Lionel Bonck 28.38	W30 Natalle Gibbons 7	
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M60 Joe Shanahan 32.06 M75 John Anoka 35.83	Sunshine Game Ft. Lauderdale, FL; Ju	
W35 Dana Baumgartn 27.38	100m	20
W45 Susan Hill 39.59	M30 Greg Kennedy	13.74
G60HeraclesChandek32.56	M35 Jim Farr	12.21
M30 Brett Lawler 50.47	M40 Eduard Vivas	13.78
M35 Tom Wadley 58.52 M50 J C Shenk 63.02	M60 Heracio Chandek M75 Thomas Kennedy	14.59
M55 Lionel Bonck 62.75	W35 Dana Baumgarten	13.29
M75 John Anoka 83.84	200m	rallings:
M40 Lindsey Bodden 2:30.43	M30 Grett Lawler	23.03
M50 J C Shenk 2:37.14	M35 Jim Farr M55 Jose Suvillago	24.89 27.55
M55 Cyril Shepard 2:41.07 M70 Art Roberts 3:13.38	M60 Heracio Chandek	32.78
Ernest McDonald 3:21.99	W35 Dana Baumgarten	
M75 John Anoka 3:27.66	W45 Carolyn Steenhoek	34,45
1500 m M45 Gary Anglin 4:54.49	M30 Brett Lawler	49.20
M70 Art Roberts 7:17.56	M35 James Farr	57.26
5000m	M40 Charles Smith	55.52
M40 Joe Steinman 21:26.2 High Jump	W50 Ann Makoski 800m	1:19.50
M55 Larry Judd 1.53		2:49.88
G40 James Stewart 1.42	W45 Cathy Key	3:14.93
Pole Vault M45 James Pedley 3.05		2:50.95
M50 Joe Johnston 3.66	M35 Roger Saltsman	4:33.00
MEE Ira Walham 3 20	Wiss Wober Dansillar	

3.05 3.66 3.20 2.59 3.66

M45 Lindsey Bodden M60 Ted Orofano W45 Cathy Key 3000m

4.50 3000m 4.21 M35 Brian Keno

	10.90	M65 Larry Fleischman	1.34	M30 Charles Lanza II
	10.86 11.46	Pole Vault	3.20	M50 G Herbert M60 Charles Lanza
ıl	13.17	M45 James Pedley M65 Larry Fleischman	2.13	M70 Gian Sahota
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71	04.50	M65 Octavian Opris	10.83	M55 Larry Pratt
	31.52	W35 Dana Baumgarten	9.17	M60 Charles Lanza
1	26.40	M30 Neil Marotta	30.60	M65 Fred Lovelace M70 Gian Sahota
hl	39.46	M35 Bill Truesdale	29.35	W45 Linda Lowery
	40.03	M45 Bruce Hedendahl	38.97	W50 Alice Tym
	30.29 30.59	M60 Rudy Houg	47.13	W65 Betty Vosburgh
	30.38	M65 Octavian Opris	34.08	M35 Steve Winkel
	22.46	Javelin M30 Neil Marotta	43.30	M40 Chris Clark
е	46.13 36.16	M35 Dan Taylor	44.60	M45 Jim Selleh
	32.92	M45 Bruce Hedendahl	35.90	M50 Herb Stein M60 Charles Lanza
	29.97	M65 Larry Fleischman	29.03	M70 Gian Sahota
	28.00	W35 Dana Baumgarten	21.41	W40 Jane Souther
1	18.91	1500m RW	0.00.31	W50 Alice Tym W65 Betty Vosburgh
hl	40.10	M50 Dan Koch	9:22.31	3000m Racewalk
	23.54	M65 Bob Sorrelle M70 S Shafmaster	9:50.08	M35 Simon Grace
	34.46	W65 Ann Sorrelle	11:16.78	M65 Fred Lovelace
	32.86 30.82	W70 Miriam Gordon	10:37.42	STATE STATE STATE OF
46	00:02	Nachvilla Stridara/N	a buille	MIDWES
	41.02	Nashville Striders/N TC Meet	asnville	USATF Lake Erie Ass
-04	44.25	Vanderbilt U., TN; J	une 28	Championship
n	28.09 45.96	100m		Independence, OH;
hl	37.20	M30 Eric Mayweather	11.3	100m
	41.25	M35 Warren Washingto M40 Bill Cheadle	n 11.9 12.2	M35 Kelly Lycan
	29.15	M45 Dave Craig	11.6	M45 Muhammad Abdullal M55 Grover Coats
	26.31 23.38	M50 Terry Kopansky	13.7	M65 William Simmons
		M60 Barry Bertram	14.1	W30 Linda Carty
	6:52.29	M65 Bob Alexander M70 Frank Hayes	13.9 13.9	W35 Belinda McCoy 200m
	8:57.99 9:36.20	W45 Linda Lowery	13.9	M35 Kelly Lycan
	6:33.82	M65 Betty Vosburgh	16.0	M40 Dave White
	1:54.20	200m	ACCORDING TO	M45 Muhammad Abdullal
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•	3:04.25	M30 Pierre Goode M35 Steve Winkel	22.1	M55 Grover Coats W35 Rose Getz
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The second second	
M45 Taylor Wetherbee	35-8.75
M50 Tony Cooper	32-1.5
W45 Linda Lowery	31-6.5
Shot Put	
M30 Charles Lanza II	50-6.5
M50 G Herbert	34-6
M60 Charles Lanza	36-6.5
M70 Gian Sahota	26-3
W45 Linda Lowery	21-10.5
W50 Alice Tym	21-10.5
W65 Betty Vosburgh	22-6
Discus	22-0
M35 Steve Winkel	110-10
M40 Frank Broadus	88-3
M45 Kasey Capps	81-0
	100-8
M50 G Herbert	141-5
M55 Larry Pratt	
M60 Charles Lanza	118-11
M65 Fred Lovelace	82-6
M70 Gian Sahota	82-9
W45 Linda Lowery	71-3
W50 Alice Tym	55-7
W65 Betty Vosburgh	63-0
Javelin	J. M. H. W.
M35 Steve Winkel	151-2
M40 Chris Clark	183-1
M45 Jim Selleh	141-3
M50 Herb Stein	114-11
M60 Charles Lanza	110-11
M70 Gian Sahota	84-4
W40 Jane Souther	55-3
W50 Alice Tym	55-7
W65 Betty Vosburgh	64-11
3000m Racewalk	
M35 Simon Grace	14:29.5
M65 Fred Lovelace	17:22.8
	on the same
MIDWES	T
USATF Lake Erie As	sociation
Championshi	
Independence, OH;	June 21
100m	1
MOE Vally Lycan	40 44

Zive the publication of the	a plant			
MIDWEST				
USATF Lake Erie Ass Championship	USATF Lake Erie Association			
Independence, OH;	lune 21			
TY - 1 a geni control to the	dile 21			
100m				
M35 Kelly Lycan	12.44			
M45 Muhammad Abdullah M55 Grover Coats	14.43			
M65 William Simmons	13.84			
W30 Linda Carty	13.52			
W35 Belinda McCoy	13.44			
200m	13.44			
M35 Kelly Lycan	24.59			
M40 Dave White	27.46			
M45 Muhammad Abdullah	29.86			
M55 Grover Coats	29.75			
W35 Rose Getz	29.21			
400m	ALDONA N			
M30 Bob Walters	57.25			
M35 Lawrence Finley	59.72			
M40 Dave White	59.15			
M45 Norman Thomas	1:10.88			
800m				
M35 Leonard Killings	2:19.99			
M40 Bob Thomas	2:08.82			
M45 Norman Thomas	2:31.70			
M50 Jeff Gerson	2:34.95			
W30 Debbie Thomas	2:39.78			
1500				
M35 Phillip Pillin	5:09.80			
M50 Jeff Gerson	5:22.50			
5000				
M35 Scott Swartz	19:21.0			
M40 Larry Walker M45 John Plough	18:00.4 18:37.0			
M55 Joseph Valaitis	24:46.9			
Short Hurdles	24,40.9			
M55 Grover Coats	18.73			
M65 William Simmons	20.57			
M70 Denver Smith	14.92			
Long Hurdles	14.02			
M55 John Sloan	1:04.28			
4x100 Relay	L. L. III.			
M50 Over the Hill TC	59.38			
W30 Team Ohio	52.23			
High Jump	Control			
M40 Dave White	4-10			
M55 Grover Coats	4-6			
M65 William Simmons	4-6			
M70 Denver Smith	4-0			
Pole Vault				
M55 John Sloan	9-0			
M70 Denver Smith	8-0			
Long Jump				
M50 Jerry Boswell	18-4			
M55 Grover Coats	15-24/4			
M65 William Simmons	12-11/4			
Triple home				

	Control of the last of
Discus	ional process
M35 Len Killings	62-0
M50 Bill Kuzma	112-3
M55 John Sloan	99-7
M60 Robert Reitz	120-0
M65 Rudy Bredenbeck	117-10
M70 Denver Smith	101-7
W65 Kathy Felkner	49-9
Javelin	
M35 Len Killings	58-5
M55 John Sloan	115-3
W65 Kathy Felkner	44-9
Hammer	
M55 Abe Sheinker	85-0
M65 Joe Chadbourne	150-8

M65 Joe Chadbourne	150-8
MID-AMER	ICA 3
USATF Mid-America F	Regional
Masters Champion Missouri Southern St.	ships
Joplin; June 7	
100 m M40 Kelly Meares	13.17
M45 Hodge Kirby	13.02
M50 Paul Montgomery M55 Dale Lance	12.84
Thornton Shelton	13.89
Rodger Young M60 Bob Santine	14.38 13.93
M65 David McCoy M75 Bob Warwick	16.83 18.80
M80 Tom Thorne Sr	20.16
200 m M45 Hodge Kirby	26.45
M50 Paul Montgomery	26.42 28.10
M55 Thornton Shelton Rodger Young	32.32
400m M40 Rick Easley	53.23
800m	KOO GV
M50 Joe Lichner W35 Cathy Love	2:28.01 2:25.80
1500m M50 Joe Lichner	4:50.01
W35 Cathy Love	4:52.84
Hurdles M40 Kelly Meares	18.12
M50 Henry Clapper	20.85
M75 Bob Warwick Long Hurdles	27.28
M40 Rick Easley 4x100m Relay	59.31
M40 Decathlon Midwe	st 54.34
M50 Decathlon Midwe	st 50.92
M40 Kelly Meares	1.52
M50 Henry Clapper M55 Rodger Young	1.42
M65 Ross Vrooman M75 Bob Warwick	1.42
Pole Vault	201
M40 Chas Barnard Kelly Meares	3.81 3.35
M55 Dale Lance Rodger Young	3.35 2.59
M75 Bob Warwick	1.98
Long Jump M55 Dale Lance	5.12
Rodger Young	4.24
Shot Put M40 David Rhatigan	12.71
M50 Jack Crawlord M55 Dale Lance	12.39 10.30
M60 Bob Santine	7.35
M65 Ross Vrooman Dave McCoy	9.61 8.96
M80 Tom Thome Sr Discus	6.99
M40 David Rhatigan	43.54
M50 Jack Crawford Henry Clapper	38.15 27.66
M55 Dale Lance	33.50 29.36
M60 Bob Santine M65 Ross Vrooman	33.83
M80 Tom Thome Sr Javelin	18.41
M40 David Rhatigan	38.08
M50 Jack Crawford Henry Clapper	35.51 34.98
M55 Dale Lance M60 Bob Santine	36.50 36.96
M65 Ross Vrooman	28.52
M80 Tom Thorne Sr	18.06
Continued of	on next page



42-63/4

29-11½ 27-1

37-3⁹/₄ 33-0¹/₂ 34-4 32-11 24-6¹/₄

Continued	from	previous	nage
Continued	HOII	previous	Dage

Lincoln Track Club Decathlon/Heptathlon Nebraska Wesleyan College, Lincoln, NE; June 14-15

Name	Points	100 LJ SP HJ 400 Day 1 HURDLE DT PV JT 1500	
M35		The state of the s	
1 Winkel, Steve		11.9 5.99m 9.60m 1.69m 52.0 17.4 32.72m 3.70m 48.26m	4:49.3
Age: 39	6197	(655) (652) (462) (636) (790) 3195 (606) (518) (606) (617) (6	555)
M40			
1 Watry, Jeff		12.7 5.48m 10.88m 1.78m 57.5 17.4 29.74m 3.30m 43.64m	4:57.0
Age: 41	6220	(584) (624) (578) (813) (636) 3235 (682) (459) (560) (613) (6	71)
2 Maryott, Mike		12.4 5.55m 9.87m 1.54m 57.1 18.9 34.44m 2.80m 38.40m	5:27.2
Age: 44	5534	(637) (641) (513) (569) (651) 3011 (539) (552) (408) (521) (5	(03)
3 Meares, Kelly		13.2 5.31m 8.42m 1.57m 1:02.6 19.7 24.92m 3.60m 19.42m	
		(497) (582) (421) (602) (452) 2554 (468) (366) (654) (201) (3	
M50		age of the relative transport of the disputation of the end of the contract of	
1 Harvey, Rex		13.2 5.38m 12.29m 1.57m 1:03.0 15.8 39.08m 3.00m 41.16m	6:23.0
Age: 50	6794	(649) (797) (771) (776) (588) 3581 (812) (708) (606) (720) (3	67)
M55			
1 Meyer, Alex		15.0 3.30m 11.29m 1.27m 1:13.0 23.1 33.00m 1.90m 35.84m	6:01.4
		(439) (297) (792) (528) (361) 2417 (265) (658) (284) (682) (5	34)
2 Ratzlaff, Jim		15.6 3.92m 10.57m 1.27m 1:31.5 24.1 35.18m 2.46m 31.42m	
Age: 56		(357) (461) (733) (528) (26) 2105 (206) (711) (477) (579) (5	
M60 ·		AND COMPANIES AND AND PROPERTY OF THE PROPERTY	
1 Brandt, Amie		13.7 4.73m 10.44m 1.48m 1:06.5 18.9 35.76m 2.04m 32.72m	6:57.2
Age: 62	6420	(721) (807) (738) (859) (648) 3773 (614) (663) (381) (618) (3	71)
Discount of the last		(4 Kilo)	-
Name	Points	URDLE HJ SP 200 Day 1 LJ JT 800	
W45			
1 Maryott, Sandy		17.6 1.13m 7.46m 36.7 3.51m 23.56m 3:42.2	
		(382) (481) (473) (274) 1610 (391) (580) (217)	

W50 Judy Bordelon W60 Bernice Bordelon

200m M50 Denny Harrel M55 Pope Huval M55 Bill Jennings

M60 Ray Masters M65 Al Badinger M70 Louis Riecke M75 Frank Knaus

400m

M80 Richard Stillman W50 Judy Bordelon W60 Bernice Bordelon 14.77

30.41 31.87 41.12

28.71 30.72 31.93 41.81

49.56 39.56

42.03

Liberal Senior Ath	
Liberal, KS; J	lune
100m	
M50 Jesse Hudnall	17.07
M60 Walter Birney	19.62
M70 Jack Haefele	17.92
M75 Harley Holladay	
W70 Lavina Haefele	19.53
200m	GSLAISE !
M50 Jesse Hudnall	34.09
M60 Jim Leggitt	28.63
M70 Jack Haefele	35.54
M75 Harley Holladay	
W70 Lavina Haefele	38.09
400m	30.09
M60 Jim Leggitt	73.62
The second of th	73.02
800m	0.40.07
M60 Watt Birney	3:16.27
1500m	The second second
M50 Jesse Hudnall	7:08.57
M60 Walt Birney	6:20.49
5000m	00.07.00
M50 Bill Brown	20:27.09
M60 Walt Birney	20:35.09
M65 Jack Hayward	30:06.05
	4-6.50
M60 Jim Leggitt	4-4
M65 Floyd Jack	3-6
Shot Put	Harrist and
M50 Bill Brown	33-7
M60 Jim Leggitt	30-6.50
M65 Wendell Palmer	
(43-0/Brusca/1993)	MER SHIPLE
M70 Jack Haefele	30-8
M75 Harley Holladay	
W55 Dorothy Edward	17-2
W75 Marg Parmelee	17-10
Discus	Charm.
M50 Bill Brown	86-5
M60 Jim Leggitt	111-2
M65 Wendell Palmer	
(163-1/McDermott/19	
M70 Jack Haefele	97-3
W70 Marg Parmelee	36-2
Javelin	NO CLEAR IN
M50 Bill Brown	114-10
M60 Jim Leggitt	102-3
M65 Wendell Palmer	
M70 Jack Haefele	
M/U Jack Haelele	97-9

SOUTHWEST

Greater New Orleans District Senior Games

Ne	w Orleans, LA; Ap	oril 6
50m	Son Landon	Dist
M50	Danny Harrel	7.36
M55	Robert Baker	7.10
M60	Jack Theriot	7.22
M65	Al Badinger	7.47
M70	Louis Riecke	7.57
M75	Ted Yenari	9.47
M80	Richard Stillman	10.35
	Judy Bordelon	9.25
W55	Melanie Lastrapes	12.16
W65	Thais Lacrouts	12.12
W80	Helen Broussard	21.18
100m	The state of the s	
M50	Denny Harrel	13.60
M55	Frank Anselmo	14.68
M60	Jack Theirot	13.34
M65	Al Badinger	14.18
M70	Louis Riecke	14.25
M75	Ted Yenari	17.83
M80	Richard Stillman	20.81

400m	
M50 Robert Baker	1:01.8
M55 Bill Jennings	1:28.1
M65 Sid Montecino	1:20.1
800m	
M50 Joseph Tosterud	2:51.1
M55 Pope Huval	2:49.5
M65 Foster Doty	3:05.1
1500m	
M50 Joseph Tosterud	5.52
M55 Bill Jennings	5:57
M60 Charlie Wimberle	
M65 Fpster Doty	6:12
M75 John Boots	6:26
High Jump	adiano
M50 Mark Chapman	4-10
M60 Ray Masters	4-4
M65 Sonny Oliphant	4-2
M70 Roy Hoffman	2-10
M75 Frank Knaus	3-8
W50 Judy Bordelon	3-6
W60 Bernice Bordelon	3-4
Long Jump	
M50 Robert Baker	17-4.50
M55 Noel Gilbert	9-7.75
M60 Charles Richard	16-3
M65 Al Badinger	13-11.25
M70 Roy Hoffman	10
M75 Ted Yenari	10-2.50
W50 Judy Bordelon	11-1
W60 Bernice Bordelon	9-11
Shot Put	9-11
M50 Mark Chapman	36-9
M55 Charles Cannon	29-11
M60 Milton Brady	33-2
M65 Roland Foreman	27-10
M70 Groege Taix	23-4
M75 Frank Knaus	24-4
W50 Marilyn Duvall	24-9
W55 Fay Richard	23-9
W60 Mary Williams	19-8
W65 Thais Lacrouts	21-4
W75 Millie Buchert	15-4
Discus	13-4
M50 Chester Guidry	1126
	112-5
M60 Milton Brady	103-2
M65 Roland Foreman	99-2
M70 George Taix	53-2
M75 CuyBuchert	61-11
W50 Marilyn Davis	56-10
W55 Fay Richard	52-4
W60 BeBe Evans	44-7
W65 Thais Lacrouts	49-8
W75 Millie Buchert	40-10
W80 Ruch Hamilton	27-1
Javelin	21-1
M50 Chester Guidry	120.4
	120-4
M55 Malcolm Bech	119-6
M60 Jack Theriot	125-8
M65 Robert Keller	74-1

M75 Cy Buchert W50 Marilyn Duvall W55 Fay Richard W55 Mary Melancon W60 BeBe Evans W75 Millie Buchert W80 Ruth Hamilton 800m RW M50 Oliver Dailey M55 Wayne Ory M65 Joe Fuselier M75 Leo Cox M80 John Morrison W55 Joyce Broussard 1500m RW M50 Oliver Dailey M50 Oliver Dailey M50 Oliver Dailey	79-10
W55 Fay Richard W55 Mary Melancon W60 BeBe Evans W75 Millie Buchert W80 Ruth Hamilton 800m RW M50 Oliver Dailey M55 Wayne Ory M65 Joe Fuselier M75 Leo Cox M80 John Morrison W55 Joyce Broussard 1500m RW M50 Oliver Dailey	48-4
W55 Mary Melancon W60 BeBe Evans W75 Millie Buchert W80 Ruth Hamilton 800m RW M50 Oliver Dailey M55 Wayne Ory M65 Joe Fuselier M75 Leo Cox M80 John Morrison W55 Joyce Broussard 1500m RW M50 Oliver Dailey	61-9
W60 BeBe Evans W75 Millie Buchert W80 Ruth Hamilton 800m RW M50 Oliver Dailey M55 Wayne Ory M65 Joe Fuselier M75 Leo Cox M80 John Morrison W55 Joyce Broussard 1500m RW M50 Oliver Dailey	67-7
W75 Millie Buchert W80 Ruth Hamilton 800m RW M50 Oliver Dailey M55 Wayne Ory M65 Joe Fuselier M75 Leo Cox M80 John Morrison W55 Joyce Broussard 1500m RW M50 Oliver Dailey	61-9
W80 Ruth Hamilton 800m RW M50 Oliver Dailey M55 Wayne Ory M65 Joe Fuselier M75 Leo Cox M80 John Morrison W55 Joyce Broussard 1500m RW M50 Oliver Dailey	67-1
800m RW M50 Oliver Dailey M55 Wayne Ory M65 Joe Fuselier M75 Leo Cox M80 John Morrison W55 Joyce Broussard 1500m RW M50 Oliver Dailey	40-3
M50 Oliver Dailey M55 Wayne Ory M65 Joe Fuselier M75 Leo Cox M80 John Morrison W55 Joyce Broussard 1500m RW M50 Oliver Dailey	18-6
M55 Wayne Ory M65 Joe Fuselier M75 Leo Cox M80 John Morrison W55 Joyce Broussard 1500m RW M50 Oliver Dailey	
M65 Joe Fuselier M75 Leo Cox M80 John Morrison W55 Joyce Broussard 1500m RW M50 Oliver Dailey	5:07
M75 Leo Cox M80 John Morrison W55 Joyce Broussard 1500m RW M50 Oliver Dailey	4:55
M80 John Morrison W55 Joyce Broussard 1500m RW M50 Oliver Dailey	5:00
W55 Joyce Broussard 1500m RW M50 Oliver Dailey	7:15
1500m RW M50 Oliver Dailey	7:15
M50 Oliver Dailey	5:19
M55 Wayne Ory	9:55
	9:32
M65 Joe Fuselier	9:48
M75 Cy Buchert	9:55
W55 Joyce Broussard	9:34

w33 Joyce Bloussald	2800A
Bartlesville Senior	
Bartlesville, OK; N	ay 10
50m	MAN THE
M50 Chas Burnhart M55 Dale Lance	7.16 6.81
M60 Bob Santine	7.28
M65 Trevor Snell	8.16
M70 Pat Smittle	10.15
M75 Foster Johnson	8.41
M85 Brownlee Smith	13.47
W55 Sylvia Brooks	8.63
100m	0.00
M50 Chas Burnhart	13.56
M55 Dale Lance	13.16
M60 Guthrie Hite	13.72
M65 Trevor Snell	14.88
M70 Pat Smittle	19.19
M75 Foster Johnson	15.56
M85 Brownlee Smith	27.47
W55 Angela Meier	24.00
200m	24.00
M50 Tom Fisher	28.15
M55 Dale Lance	31.43
M60 Glendale Markwe	II 30.38
M65 Trevor Snell	32.69
M75 Foster Johnson	34.59
M85 Brownlee Smith	78.06
W55 Sylvia Brooks	37.94
400m	S NAME OF
M50 George Marchetti	59.78
M55 John Klos	72.00
M60 Glendale Markwe	
M80 Paul Hefly	2:27.10
W55 Angela Meier	2:15.78
800m	
M50 George Marchetti	
M55 Jim McFadden	2:37.37
M80 Paul Hefly	5:20.41
1500m	The state of the s
M50 George Marchetti	5:22.20
M55 Jim McFadden	5:35.03
High Jump	
M50 George Marchetti	4-10
M55 Bobby Earnest	4-10
M60 Glendale Markwe	
M65 Bill Butterworth M70 Dick Donley	4-6
M75 Doc Bennett	4-0
Pole Vault	3-8
M55 Dale Lance	10.0
M60 Chas Crawford	10-0 7-9
M65 John Rutherford	7-9
M70 Tom Cook	6-6
M75 Bob Warwick	6-6
	0.0

sters News	
Long Jump	
M50 Renoir LaCroix	15-4
M55 Bobby Earnest	10-4
M60 Glendale Markw	
M65 Bill Butterworth	12-9
M75 Foster Johnson	10-10
M85 Brownlee Smith	3-6
Shot Put	
M50 Jack Crawford	41-1
M55 Al Salmon	38-3
M60 Ron Anderson	43-7
M65 Floyd Jack	34-3
M75 Leo Chapman	28-6
M85 Brownlee Smith	12-1
W55 Sylvia Brooks	22-5
W65 Laura Downum	18-8
Discus	
M50 Jack Crawford	132-8
M55 Al Salmon	112-0
M60 Ron Anderson	145-2
M65 Floyd Jack	128-11
M70 Ed Hooker	143-6
M75 Leo Chapman	80-8
W55 Sylvia Brooks	58-6
W65 Laura Downum	50-1
Javelin	
M50 Jack Crawford	121-5
M55 Dale Lance	130-7
M60 Bob Santine	105-5
M65 Val Smith	
	100-4 70-1
M70 Leo Chapman M80 Harold Engelma	
W55 Sylvia Brooks	60-8
1500m Racewalk	7.45.00
M55 Jim McFadden	7:45.02
M60 Cecil Kilpatrick	9:11.05
M70 Dick Donley	10:25.49
W55 Mary Morrison	11:04.12
W60 Janet Mason	9:32.74
W75 Evelyn Sanders	10:59.58
5000m Racewalk	HEAVE
M55 Jim McFadden	26:09.2
M60 Cecil Kilpatrick	32:21.00
M70 Dick Donley	35:10.00
W55 Mary Morrison	35:39.00
W60 Janet Mason	32:42.0
W75 Evelyn Sanders	39:11.0
Market and Market and	The Paris,
Ponca City T&F C	Classic
Ponca City, OK;	May 31
100m	1 VC
M30 Mike Houston	
M35 Allen Blaylock	
M45 Jim Dolezel	11.90
M50 Tom Fisher	13.07
M55 Thornton Shelton	12.98

	W55 Mary Morrison W60 Janet Mason	35:39.00
	W75 Evelyn Sanders	32:42.00
۱	W/5 Everyn Sanders	39.11.00
	Ponca City T&F C	lassic
-	Ponca City, OK; M	lay 31
	100m	BUT CO
-	M30 Mike Houston	11.91
	M35 Allen Blaylock	
	M45 Jim Dolezel M50 Tom Fisher M55 Thornton Shelton	11.90
١	MSU Tom Fisher	13.07
	M35 Inomion Shelton	12.98
ı	M50 Tom Fisher M55 Thornton Shelton M75 Foster Johnson	16.66
١	W30 Nina Bryant	15.91
	200m	25.11
1	M30 Roger Davis	25.11
١	M35 Allen Blaylock	24.75
١	M40 Brooks Wright	26.98
ı	M30 Roger Davis M35 Allen Blaylock M40 Brooks Wright M45 Jim Dolezel	24.63
ı	M50 Tom Fisher M55 Thornton Shelton	27.01
ı	M75 Foster Johnson	
ı	400m	35.26
١	M20 Pages Davis	58.79
ı	M30 Roger Davis M40 Rick Easley	53.22
ı	M45 Jim Dolezel	56.67
ı	M50 Tom Fisher	1:00.53
١	800m	1.00.53
ı	M40 Brooks Wright	2-20.81
ı	M55 Max Price	2.20.01
ı	1500m	2.33.33
I	M40 Henry Bickerstaff	5-32 32
I	M55 Max Price	5:18 59
ı	5000m	3.10.37
I	M40 Matt Pile	17:28 44
I	Short Hurdles	
I		15.48
I	M45 Jim Dolezel	19.68
I	High Jump	
I	M50 Bob Everoski	1.27
I	Pole Vault	
ı	M30 Tim Hall	3.35
ı	Long Jump	
ı	M30 Tim Hall	4.77
I	M35 Allen Blaylock M45 Jim Dolezel	5.57
ı	M45 Jim Dolezel	4.99
ı	M75 Foster Johnson	2.75
١	Triple Jump	
١		11.46
١	M50 Bob Eversoski	8.21
ı	Shot Put	
l	M30 Tom Arrington	13.20
۱	M35 Russell Hinson	10.65
١	M40 Ed Chesny Jr	8.37
١	M50 Jack Crawford	11.52
I	M55 Jim Duckett	8.55

M65 Wendell Palmer	•14.17
M75 Foster Johnson	6.32
Discus	
M30 Tom Arringto	40.78
M35 Ken Ellis	38.46
M40 Rick Easley	27.15
M50 Jack Crawford	32.72
M55 Jim Duckett	29.18
M65 Wendell Palmer	•51.90
M70 Ed Hooker	40.14
Javelin	
M30 Joseph Cates	27.63
M35 Ken Ellis	42.18
M40 Ed Chesny Jr	31.05
M50 Jack Crawford	35.18
M55 Jim Cuckett	19.80
M65 Floyd Jack	29.58
*Pending AR	
Hill Country Master	s Meet

Mason, TX; June 21

Mason, TX; June	21
00 m /30 Wade Menzies	11.03
Ward Menzies	11.36
David Nelson	12.06
M35 Lindy Raney	11.41
M40 Jim Fountain Ernie Montgomen	13.41
M45 Bill Burton	11.81
Bob Hahn	12.28
M50 Ron Helton	11.95
Tony Morales	14.25
M55 Don Denson	12.64
George Tanoos	14.18 12.88
M60 Wayne Bennett	
Tony Deatherage Bill Hearne	14.20
M65 Bill Pardue	14.75
Val Smith	17.58
M70 Alvin Mitchell	29.38
W30 Diane Edge	13.76
Mitzi Hovre W40 Cindy Steenberg	14.89
W50 Sylvia Brooks	16.48
Marion Coffee	17.28
200m	
M30 Wade Menzies	23.02
Ward Menzies	
David Nelson	
M35 Lindy Raney M40 Koy Akers	23.77 27.50
M45 Bob Hahn	26.91
M50 Paul Young	28.63
M55 Don Denson	27.09
George Tanoos	33.33
M60 Wayne Bennett	27.14
Tony Deatherage	
Bill Hearne	30.96
M65 Bill Pardue Val Smith	31.54 40.05
M70 Alvin Williams	76.34
W30 Diane Edge	31.58
W40 Cindy Steenberg	en26.33
W50 Sylvia Brooks	37.86
Marion Coffee	40.02
400 m M30 Art Hemandez	62.00
M35 Orlando Rangel	62.08 60.21
M40 Rick Easley	55.67
Charles Raney	61.81
Juan Urbina	65.84
M45 Bill Burton	54.70
Richard Cox	68.20
M50 Paul Young Troy Scoggins	67.86
M55 Mack Stewart	68.76 58.95
M60 Wayne Bennett	66.28
David Larson	86.86
M65 Jack Gray	74.83
M70 Al Williams	3:46
M75 Michel Kagan W40 CindySteenberge	86.55
800 m	02.89
M35 Juan Mendoza	2:14.77
Gabriel Gomez	2:14.77
M40 Rick Easley	2:04.42
Chas Rainey	2:14.40
M50 Lloyd Rust	2:35.24
Troy Scoggins M55 Mack Stewart	2:38.03
M60 Don Slocomb	2:23.26
Chas Pluenneke	2:48.04 2:56.64
Don Larson	3:07.48
M65 Jack Grav	2:59.58
M75 Michel Kagan	3:43.41
1000-	0.40.41
1600m	0.40.41
M30 Art Hemandez	5:58.76
M30 Art Hernandez M35 Juan Mendoza	5:58.76 5:08.95
M30 Art Hemandez M35 Juan Mendoza Gabriel Gomez	5:58.76 5:08.95 5:26.29
M30 Art Hernandez M35 Juan Mendoza Gabriel Gomez Orlando Rangel	5:58.76 5:08.95 5:26.29 5:32.50
M30 Art Hemandez M35 Juan Mendoza Gabriel Gomez	5:58.76 5:08.95 5:26.29

Augus	t 1997
M50 Troy Scoggins	6:16.66
	6:33.21 7:10.01
M60 Don Slocomb	6:09.66
Chas Pluenneke	6:33.40 6:45.84
	6:27.14
M30 Art Hernandez 2	2:26.64
M40 Juan Urbina 1	0:57.82 9:52.82
M45 Dan Hernandez 1	8:17.38 5:00.00
M60 David Larson 2	2:28.00
110mH (39") M35 Dan Cook	16.88
M40 Michael Mitchell M60 George Gillar (33")	18.23
300mH (36")	
M35 Dan Cook M40 Rick Easley	47.32 44.08
400m Relay M30-34 Tornados	44.09
(Raney/Burton/Wade M	
Ward Menzies) M60-64 Dallas Masters	53.06
(Deatherage/Bennett/G	
Heame) High Jump	
M40 Coy Akers M45 Stephen Cox	5-0 5-6
Pole Vault	
M40 Jim Fountain Coy Akers	11-0 8-6
M55 Steve Warr Long Jump	7-0
M30 Kevin Lendo	20-10
M40 Michael Mitchell Ernie Montgomen	16-6 y13-9.5
Cecil Noble M50 Dennis Schmitt	13-6 14-7.5
Tony Morales	14-0
M55 Don Denson M60 Bill Hearne	16-1 13-9
M65 Val Smith M70 Bill Carter	12-7
Al Williams	5-9.5
W30 Diane Edge Triple Jump	13-10
M40 Michael Mitchell M70 Bill Carter	33-5
Shot Put M30 Stefan Blomqvist	EQ.0
M35 David Bolles	32-1.75
M40 Steve Patridge M50 Mark Chapman	46-7 36-9
Jerry Brewer Dan Patridge	35-11 30-2
M55 John Conniff	39-9.5
Howard Zingg M60 John Cantrell	28-4 40-7
Richard Hein M65 Wendell Palmer	32-3 41-3.5
Jim Gerhardt	34-8.5
Val Smith M70 Bill Carter	30-0 32-4
Adolph Hoffman Fred Adams	30-6 26-0
M85+Jack Pearce	21-3
W40 Carol Finsrud Cheryl Mellenthin	40-4
Discus M35 David Bolles	104-0
M40 Steve Patridge	156-3
Brad Reid Koy Akers	142-3 99-8
M45 Stephen Cox	106-0 106-4
M50 Jerry Brewer Mark Chapman Jim Goodwin	1055
M55 John Conniff	105-0 125-8
Howard Zingg M60 John Cantrell	112-0 109-8
Jim Carney	96-10
Richard Hein M65 Wendell Palmer	93-10 139-4
Jim Gerhardt Val Smith	116-2 94-0
M70 Bill Carter	96-7
Adolph Hoffman Fred Adams	89-8 68-5
M85+Jack Pearce W40 Carol Finsrud	60-8 153-3
Cheryl Mellenthin	153-3
Hammer M35 David Bolles	110-0
Steve Bolles M70 Fred Adams	107-10 70-10
Javelin	70-10

Javelin
M35 David Bolles 130-6
Steve Bolles 111-6
M40 Cecil Noble 140-3
Koy Akers 119-4
Continued on next page

AT THE RESERVE AND ADDRESS OF THE PARTY OF T			Mational IV.	lasters News				The second secon	page 27
Continued from previous page	IMAO I Hanking 44 430	a and I was es a same		Lyes T. C.	41.0	C. T. C.	10	L 11/20 L . M. L.	2775
Continued from previous page	M40 J J Jenkins 44 4.29. Charles Rainey 43 4:30.	7 83.5 W40 Cheryl Melle 8 82.6 W60 Sue Tunnicli		M85 Tony Castro	41.9	MARTINE DE LINEAU DE LA CONTRACTOR DE LA	3-8	W70 Lu Mahony	41-4
Gary Dzuris 115-11	M45 Bob Wilkin 45 6:03		T 60 19.34 45.2 70 7.08 21.1	W50 Vicki Gonzales	35.8	Budd Hamilton	3-8	Javelin	
M45 Stephen Cox 141-2	MSS Wilbern Wood 56 5:36.			Mary J McMaster	53.5	M70 Donald Roser	3-10	M50 David Pena	126-3
M50 Darel Petty 130-6	M65 Wayne Hanson 69 5:49	6 81.1 M40 Tim Tolson	34 38.22 42.0	W60 Patricia Willis	52.0	Frank Burke	3-10	Roger Martin	100
Jerry Poulson 122-6	M75 M ike Kagan 76 7:20.		39 41.52 50.2	W65 Louise Martin	54.3	Dewey Vroom	3-8	Bill Weinstock	95-7
Jerry Brewer 106-6	W35 Katheryn Swiatocha 38 5:16		40 35.38 43.5	400m		M80 John Damski	3-8	M55 Fred Hunter	93-5
M55 Jerry Dyes 183-8	Teresa Darrow 39 5:38. W45 Kathyt Kellog 47 5:20.	***** ***	e 40 33.60 41.4 e 49 49.62 72.5		640	The state of the s	3-4		
	5000m	Steve Cox	45 44.22 59.8	M50 Stan Whitley	54.9	W50 Jeane Hallin		John Miller	89-6
	M30 Stan Ujka 30 17-03			Rob Russell	58.2	W60 Cristel Miller	3-10	Larry Tiffin	86-1
M60 ZbyszkPrzewodek119-0	M40 Dave Stock 40 17:59	89 74.9 M50 Darel Petty	54 38.00 61.0		58.9	W65 Shirley Kinsey	3-2	M60 John Tansley	131-8
John Cantrell 90-2	M45 Mike Doud 48 19 23			M55 Fred Hartman	1:04.8	Pole Vault		Delos Eyer	101-1
M65 Wendell Palmer 115-0	M50 Dave Joyce 50 23.40				1:05.3	M50 Daniel Borrehy	12-6	Chuck Coutts	100-11
Val Smith 99-8	M65 Robert Coffey 65 22:33 Short Hurdles	44 73.7 MSS John Coniff Martin Mart	56 37.82 63.0 nec 56 29.36 48.9	Gary Sims	1:05.7	M55 Mike McHorney	7-6	M65 Allan Trefry	113-6
M70 Bill Carter 90-11	M35 Ken Ellis 39 15.			The state of the s					
Adolph Hoffman 78-5		73 79.9 M60 Zbigniew Pr		M60 Charles Kirkby	1:01.2	M60 Duane Rykhus	10-4	Earl Johnson	89-6
Al Williams 39-9		75 79.2 Robert Verba		Jesse Carrington	1.04.8	John Steinman	8-6	Don Hegberg	87-6
M85+Jack Pearce 52-1	M45 Robert Hahn 45 18.	Bl 77.0 Bob Santine	63 32.58 58.9	Al Sheahen	1:12.8	Ray Ritzhugh	8-6	M70 Donald Roser	101-2
W40 Carol Finsrud 64-1	Long Hurdles	M65 Wendell Palm		M65 James Selby	1:06.8	M70 Donald Roser	7	Dewey Vroom	98-11
Cheryl Mellenthin 55-8	M35 Ken Ellis 39 1:01			Bill Anderson	1:10.5	W65 Shirley Kinsey	6	Doug Cochran	95-6
	M40 Bill Cheadle 44 59 Michael Mitchell 43 1.08	46 88.6 Val Smith 22 76.4 M70 Bill Carter	68 30.68 59.1 74 29.10 62.7	The second secon	1:14.9	W70 Johnnye Valien	4-8	M75 Art Sherman	64-1
Texas Masters T&F	M50 Courtland Gray 53 1:01		76 15.54 34.8	Louis Beadle		Long Jump	eques.		
Championships	M65 Bill Pardue 67 1:01		86 15.15 44.4	M70 Ben Knaub	1:06.3	M50 Rufus Morris	1625	M80 John McGowan	53-1
Dallas, TX; July 5	Steeplechase	W40 Cheryl Melle		Larry Banuelos	1:16.1	Glenn Palmer	13-5	James Bell	41-1
	M40 Ray Kirchmeyer 43 15:58		70 4.18 12.6	M75 Robert Hunt	1:33.4			W50 Connie Sarver	84-1
100m A/G M30 Christian Boda 33 11.05 89.2		73 72.6 Weight Throw	G. PASSET TH	W50 Vicki Gonzalez	1:23.7	M55 R Newberger	14-7.5	Jane Serra	70-9
Wade Menzies 30 11.46 86.0		in to bicre i aming		Mary J McMaster	1:54.9	Tony Hill	11-6.25	Pat Hunter	51-3
Ward Menzies 30 11.80 83.5		co eo a	50 8.86 39.2 an 54 7.31 35.6	Janet Zimmer	2:35.7	Douglas Inouye	11-2.50	W55 Neatsa Foster	30-7
M35 Donald Hardy 35 11.76 85.0		57 72.3 M55 John Coniff	sn 54 7.31 35.6 56 9.80 47.6		1:59.9	M60 Roger Tsuda	15-1.50	Sharon Pipes	28-2
Rich Wending 36 13.12 76.0		42 65.4 M65 Wendell Pair		11 00 I dilleta II illis		C Alexander	13-1.50	The state of the s	
M40 Richard Thomas 44 11.82 89.3 Bill Cheadle 44 12.35 85.9	Diete Cox 43 1	63 79.1 Val Smith	68 6.91 36.2	W75 Gerry Davidson	1:51.0	Robert Sherman	13-1	W60 Christel Miller	76-8
Cay Akers 40 12.98 79.	Tallied Lydiczel 47 1.	12 70.6 W40 Cheryl Melle	nthin 41 5.38 40.0	800m		The state of the s		Ellen Brannigan	- 55-1
M45 Jimmie Jones 43 12.33 87.	mos Durch reny 34 1.	52 81.2 1500m RW 37 73.2 M60 Presley Dona	Idean 61 9.10.44 91	M50 Rob Russell	2:14.2	M65 Paul Bambrook	13-5.75	W65 Margreta Klassen	24-5
Jim Dolezel 47 12.42 87.	Troy Scoggins 54 1	37 73.2 M60 Presley Dona 22 65.2 Jim Miller	63 8:10:46 81:1 62 9:42.53 67.6	Simeon Baldwin	2:14.9	Phillip Johnson	11-10.25	Muriel Rozell	22-3
Robert Hahn 45 12.65 84.	M55 John Head 59 1	27 71.7 W50 Patty Mills	51 10:00.90 66.6		2:19.3	Ed Tomell	10-3.75	W70 Lu Mahoney	64-1
M50 Courtland Gray 53 12.13 92.	Martin Martinec 56 1	27 69.4 W70 Nightengale	72 9:41.20 86.1	M55 Robert McAlpine	2:25.2	M70 Dewey Vroom	13-2	W75 Jeanne Bishop	37-5
Melvin Goode 52 12.97 86. M60 Dick Richards 63 12.41 97.	M65 Val Smith 68 1	17 72.6 Pending World R				J Benedict	10-4.75	The second secon	31-3
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M70 Chester Studdard 71 15.55 83.	Flay Deats 32 4.	57 76.4 Occide	ntal College	M65 James Selby	2:39.2	W60 Tomasa Schultz	7-8.25	George Willmore	9:18.5
Jack Gilbert 71 15.76 82.	The state of the s	96 67.2 Los Ange	les, CA; May 4	Bob Holmes	2:57.3	W65 M Kuehne	11-5.75	Arvid Rolle	9:26.4
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W30 Andette Williamson 34 15.34 70.	Mike Vick 46 3	15 680 NOS RELIDE		Avery Bryant	2:56.1		45-7.25	M70 Masashi Noritake	
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W45 Suzanne Williams 48 15.03 80		05 70.2 M70 Ben Kn	aub 7.6	W50 Joni shirley	2:42.4	Glenn Palmer	41-7.25	W60 Carol Ferris	10:07.1
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200m		08 45.5 W50 Jane Se		Judity Espino	4:01.8	Richard Martin	31-4.75	Barbara Clark	12:35.4
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M40 James Lofton 41 22.98 91 Ronald Boleware 41 24.89 84 M45 Jim Dolezel 47 25.53 85 Jimmie Jones 46 25.70 84 M60 Dick Richards 63 25.60 95 Paul Johnson 62 25.63 95 Wayne Bennett 60 26.81 89 M65 Andy Anderson 68 30.19 85 M70 Jack Gilbert 71 31.77 83 Chester Studdard 71 33.09 80 M75 Tim Murphy 75 30.70 90 Doc Bennett 76 43.65 64 M80 Fred White 84 40.30 78 W40 Cindy Steenbergen 32 25.74 91 Debbi Sanchez-Eaton 40 30.91 74 W45 Suzzanew Williams 48 30.68 80 W50 Nina Bryant 54 35.10 73.	Troy Scoggins 54 3	58 54.4 49 73.0 H 649	ittle 12.2 In Groves 12.8 erring 12.9 Innis 12.0 ocke 12.6 hacon 12.8 Fsuda 13.3 Eyer 13.8 Eyer 13.8 Eyer 13.8 Eyer 14.4 Gibbons 13.9 Gelby 14.5 dom 14.3 onard 14.8	Jue Murillo M55 Jon Malnekoff Don Weir M60 Ray Archibald Michael Dunn M65 Robert culling James Selby Bob Holmes M70 Ben Knaub Avery Bryant M80 Vincent Malizia W50 Joni Shirley Yoko Eichel Vicki Gonzalez	5:47.5 5:20.5 6:33.3 6:09.1 6:14.0 5:16.3 5:33.4 6:12.2 5:24.6 5:55.2 7:18.4 5:22.4 5:56.3 6:47.7	Charlie Sarver James Glynn M70 Dewey Vroom Doug Cochran A DeCrescenzi M75 Art Sherman M80 Pete Allen M90 Burt DeGroot W50 Connie Sarver Jane Serr Pat Hunter W55 Sharon Pipes Neatsa Foster W60 Cristel Miller Tomasa Schultz	33-2.50 30-1.50 33-5.25 32 23-5.50 24-7.75 21-7.25 17-11.75 30-7.50 21-10.25 21-2.50 2225 17-11 25-8 22-9.75	5000m RW M50 Larry Walker Gary Koenig M60 Carl Acosta Melvin Schultz Leon Glazman M65 Robert Eisner Lloyd McGuire M70 Masashi Noritake W50 Jolene Steigerwal Anne Poxon Mary Jo Sullivan W60 Shirley Capps Carol Ferris	23:15.5 37:37.9 29:10.4 29:44.0 32:16.0 30:29.3 33:11.4 33:33.3 1 30:10.7 36:22.4 41:11.1 34:32.1 36:21.8
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M40 Jurnes Lofton	Troy Scoggins 54 3 M55 John Head 59 44 Martin Martinec 56 4 Martin Martinec 56 4 Martin Martinec 56 4 Martin Martinec 56 4 M60 Dick Richards 63 5 M65 Val Smith 68 3 M70 Jack Gilbert 71 4 Alvin Williams 74 1 M75 Doc Bennett 76 0 W60 Sue Tunnicliff 60 2 Triple Jump 3 M40 M ichael Mitchell 43 10. M45 Paul Barber 49 7 M50 Troy Scoggins 54 8 M65 Bill Butterworth 66 8 M75 Doc Bennett 76 6 M65 Bill Butterworth 66 8 M75 Doc Bennett 76 6 M65 Bill Butterworth 66 8 M75 Doc Bennett 76 6 M65 Shet Put 4 M30 Tim Tolson 34 11 M35 Tom Carlson 39 10 M40 Steve Partridge 42 13 M50 Jerry Brewer 50 12 Mark Chopman 54 11 Harry Windham 52 11 M60 Robert Verbanac 62 11 M60 Robert Verbanac 63 13 M75 Doc Bennett 76 7 M75 Doc Bennett 76 7 M75 Doc Bennett 76 7 M85 J J Pearce 74 10 M75 Doc Bennett 76 7 M85 J J Pearce 75 13 M75 Doc Bennett 76 7 M85 J J Pearce 76 7 M85 J J Pearce 77 13 M85 J J Pearce 86 7 M85 J J Pearce 86 8 M70 Mary Gilbert 70 3 Discus 8 M30 Tim Tolson 34 30 M75 Doc Bennett 76 7 M85 J J Pearce 86 8 M75 Don Hardaway 53 42 M75 Doc Bennett 76 7 M85 J J Pearce 86 8 M70 Mary Gilbert 70 3 M55 John Conniff 56 42 M75 Doc George Jagerman 60 9 M75 John Conniff 56 42 M75 Doc George Jagerman 60 9 M76 Wendell Palmer 65 49 M77 M87 Dill Carter 74 10 M75 Doc George Jagerman 60 29 M76 Wendell Palmer 65 49 M77 M87 Dill Carter 74 10 M75 Doc George Jagerman 60 29 M77 Dill Carter 74 10 M75 Doc George Jagerman 60 29 M77 Dill Carter 74 10 M75 Doc George Jagerman 60 29 M77 Dill Carter 74 10 M77 Doc Bennett 76 18 M77 Doc Bennett 77 13 M75 Doc Bennett 77 13 M75 Doc Bennett 77 14 M75 Doc Bennett 77 15 M75 Doc Bennett 76 18	58 54.4 49 73.0 M50 Frank I 649 73.0 M50 Frank I 7 Sherida 7 Dale H 7 Sherida 7 Dale H 7 Sherida	ittle 12.2 In Groves 12.8 erring 12.9 Innis 12.0 oocke 12.6 hacon 12.8 Fsuda 13.3 Eyer 13.8 Flory 14.4 Gibbons 13.8 imbrook 13.9 Selby 14.5 dom 14.3 haub 14.8 haub 14.8 haub 14.8 haub 14.8 Handrin 23.3 hittley 24.3 Baldwin 25.7 erring 26.4 Innis 24.7 oocke 25.7 rocke 25.7 ro	Jue Murillo M55 Jon Malnekoff Don Weir M60 Ray Archibald Michael Dunn M65 Robert culling James Selby Bob Holmes M70 Ben Knaub Avery Bryant M80 Vincent Malizia W50 Joni Shirley Yoko Eichel Vicki Gonzalez W60 Patricia Willis W75 Gerry Davidson S000m M50 Joe Murillo Patricio Villanueva M55 Robert Petrovich David Asher M60 Bill Thompson Ray Archibald John Gorman M65 Van Aposhian James Selby W70 Larry Banuelos Bry Thorne Dean Johnson W50 Yoko Eichel Martha King Judith Espino W55 Cindy Raymond W70 Phyllis Benedict W75 Mem Howe High Jump M50 Roberto Pozzi Jerry Birnbaum Will Webster M55 Dwaine Horton David Perry Larry Tiffin M60 Jerry Chase Clifton Alexandeer	5:47.5 5:20.5 6:33.3 6:09.1 6:14.0 5:16.3 5:33.4 6:12.2 5:24.6 5:55.2 7:18.4 5:56.3 6:47.7 8:34.1 7:57.8 21:36.4 30:29.9 22:07.7 29:25.6 19:46.6 26:09.9 27:26.7 24:47.1 25:25.0 23:13.5 29:19.9 32:55.3 21:57.7 25:57.9 27:55.6 31:22.9 34:03.5 34:37.5	Charlie Sarver James Glynn M70 Dewey Vroom Doug Cochran A DeCrescenzi M75 Art Sherman M80 Pete Allen M90 Burt DeGroot W50 Connie Sarver Jane Serr Pat Hunter W55 Sharon Pipes Neatsa Foster W60 Cristel Miller Tomasa Schultz W65 Muriel Rozell W70 Johnnye Valien W75 Wilma Davenpor Discus M50 Doug Wells Glenn Palmer David Pena M55 Joseph Marino Tom Poole Fred Hunter M60 Hal Smith Alan Rosen Ted Oviatt M65 Don Hegberg Charlie Sarver Dave Moss M70 Dewey Vroom Donald Roser Doug Cochran M75 Wilbur Thompsor Robert Hunt Art Sherman M80 Pete Allen James Bell M90 Burt DeGroot W50 Connie Sarver Pat Hunter Jane Serra W55 Sharon Pipes Neatsa Foster	33-2.50 30-1.50 33-5.25 32 23-5.50 24-7.75 21-7.25 17-11.75 30-7.50 21-10.25 21-2.50 22-2.5 17-11 25-8 22-9.75 15-5.50 21-1.50 120-5 143-8 112-2 107-4 124-10 99-9 98-9 142-2 121-5 112-11 133 113-7 93 104-6 95-5 89-7 101-8 81-10 67-1 59-7 46 51-7 87-3 58-1 51-10 42-3 38-1	5000m RW M50 Larry Walker Gary Koenig M60 Carl Acosta Melvin Schultz Leon Glazman M65 Robert Eisner Lloyd McGuire M70 Masashi Noritake W50 Jolene Steigerwal Anne Poxon Mary Jo Sullivan W60 Shirley Capps Carol Ferris Patricia Willis W70 Alice Garcia JoAnn Beers Florence Kerechu Anteaters Masters/Dan Memorial Mee UC-Irvine, CA; Ma 100m M30 Kettrell Berry M35 Wayne Iba Mario St John M40 James Bonilla Bob Sands David Perrin Steve Cummings Ken Stone Don Parker M45 Herman Castille Sunny Hatten John Tomaschke M50 DiethartReichardt Amador Calleros Theo Viltz Sheridon Groves Tony Craddock Charley Loftus M55 Lee Gillespie M60 Roger Tsuda Delos Eyer M65 Frank Kishi M70 Tom Miller	23:15.5 37:37.9 29:10.4 29:44.0 30:29.3 33:11.4 33:33.3 1 30:10.7 36:22.4 41:11.1 34:32.1 36:21.8 38:24.8 37:43.9 38:51.8 k 37:27.0 n Aldrich t ty 25 11.23 11.53 13.4h 11.80 11.93 12:21 12.32 12.46 12.56 12.10 12.51 12.87 12.5h 13.3h 13.42 13.0h 13.50 14.12 15.12 16.16 17.88

Continued from previou	18.17	1
M80+Bert Morrow W35 Elaine Iba	13.88	1
Sylvia Hoss	14.51 15.22	ľ
Esther Calleros Linda Cumming	16.18	Ľ
W40 Chris Stone	21.70	1
W55 Nadine O'Conner 200 m	14.50	ľ
M30 Kettrell Berry	22.69	١,
Vaughan Kastor M35 Wayne Iba	23.72	ľ
Mario St John	26.89	l!
M40 Bob Sands	24.10	ľ
James Bonilla Steve Cummings	24.43	ľ
Andy Hecker	27.02	1
M45 Sunny Hatten John Tomaschke	25.96 26.06	ľ
Bill Fitzpatrick	27.30	١,
Steve Morris M50 DiethartReichardt	27.57 26.31	ŀ
Amador Calleros	26.71	ľ
Willie Roberson Nathan Asberry	27.21	l
Charley Loftus	27.21 27.60	L
Harold Dixon	27.74	i
M55 T Cannon Lee Gillespie	27.44 27.55	ľ
Gary Simms	30.12	ľ
M60 Roger Tsuda Delos Eyer	27.89 29.58	1
Ross Dunton	33.29	١,
M65 Louis Beadle Frank Kishi	31.64 32.35	8
M70 Tom Miller	34.04	,
Joe Welch	38.08	i
M75 Bob Hunt M80+Bert Morrow	40.52 38.96	
W35 Elaine Iba	29.17	Ì
Linda Cummings W55 Nadine O'Conner	34.54 30.06	1
400m	SHAPE.	
M30 Vaughn Kastor Ben Crouch	51.49 53.34	1
M35 Jim Williams	52.00	
Bob Kile Mark Lewis	55.40 56.06	4
M40 Steve Cummings	54.99	ľ
George McHale John Garza	57.46 58.51	-
Ken Stone	60.02	
M45 Herman Castille Bill Fitzpatrick	55.33 58.82	Š
Steve Morris	60.85	
Joe Mayfield M50 Rob Russell	64.33 59.32	1
Ron Barbosa	62.17	1
M55 Cliff Bedell M60 Ross Dunton	68.08	×
Al Sheahen	71.27 73.74	N
Ray Archibald	80.57	10
M65 Louis Beadle M75 Bob Hunt	75.12 95.19	1
W35 Helen Moreno	67.34	į
W75 Gerry Davidson 800 m	1:47.70	
M30 Carlos Cota	1:56.60	1
M35 Allen McDuffrie Mark Cleary	1:58.40 2:06.20	1
Mark Lewis	2:10.20	1
M40 Bill McQuown George McHale	1:57.00	
David Jambaz	2:15.40	·
Steve Cummings Kirby McMillan		1
M45 Nolan Shaheed	1:56.8h	-
Wayne Morris M50 Gary Rust	2:12.70	
Rob Russell	2:12.30 2:13.20	1
Ted Eggleston M55 Cliff Bedell	2:49.90	
Lee Fitzgerald	2:31.30 2:50.00	1
M60 Ray Archibald	2:55.90	
M70 Avery Bryant W35 Diane Heil	3:07.70 2:31.56	1
Helen Moreno	3:54.20	1
W40 Debbie Barraza W75 Gerry Davidson	2:37.79 3:54.21	1
Mile	old .	1
M30 Jeff Reed M35 Joel Hope	4:44.74 4:48.90	
Tim Jones	5:06.23	1
M40 Gregory Lash	5:07.70	1
M45 Wayne Morris M60 Don Truex	5:08.60 5:32.62	
Day Arabibate	6:49.16	
Ray Archibald	5:39.47	
M65 Bob Culling	5:36 70	
M65 Bob Culling W35 Helen Moreno W40 Debbie Barraza	5:36.79 5:44.38	
M65 Bob Culling W35 Helen Moreno		

M45 Gary Shapiro	17:21.95	1
Steve Carlson M55 Harry Hunt	18:39.04	,
M60 G McClenathen	20:56.20 19:00.09	1
W40 Yayoi Liu W45 Trudy Lawrence		1
Short Hurdles M40 David Perrin	17.75	19
Ken Stone	19.98	100
Andrew Hecker M50 Theo Viltz	20.11 15.07	297
Sheridon Grove		3
M80+Bert Morrow	17.10 19.00	
300 m H M35 Kettrell Berry	43.54	1
Derek Brown	48.61	
Tim Jones M50 Sheridon Grove	50.33 s 50.11	
Jorge Birnbaum Steeplechase	53.70	1
M40 Dave Cook	11:12.40	
M55 Jon Malnekoff M60 Ted Oviatt	13:18.97 nta	
M70 Avery Bryant Walt Atcheson	nta nta	Ĭ.
4x100m Relay	State Park	Ī
M30-39 Old Timers M40 Monsoon	55.66 50.60	
High Jump M35 Eric Brown	5-6	No.
M40 Jason Meisler	6-0	
Jorge Birnbaum M45 Charlie Rader	4-9 3/4 5-10	
Sam McCamey	5-1 3/4	18
John Williams M60 Ray Archibald	4-9 3/4 3-8	
M65 Franklin Held Sam Teaford	4-9 3/4 3-10	200
M70 Richard Warren	4-0	
Donald Roser W35 Linda Cumming	3-10 s 4-2	
Pole Vault M30 Greg Charles	13-1.5	
M40 Bill Halverson	16-2	Ì
Greg Woepse Doug Sparks	14-1.5 14-1.25	E.
Mike Hogan M45 Bill Stamper	13-7.25 11-11.5	
M50 Dan Balley	13-1.5	9
M55 T Cannon		
	10-6 7-6	1
M60 Hal Smith M70 Donald Roser	7-6 7-6	,
M60 Hal Smith M70 Donald Roser M85 Carol Johnston (Pajunen; 6-2 3/4; 19	7-6 7-6 WR6-6.25	1
M60 Hal Smith M70 Donald Roser M85 Carol Johnston	7-6 7-6 WR6-6.25 95)	1276
M60 Hal Smith M70 Donald Roser M85 Carol Johnston (Pajunen; 6-2 3/4; 19 Long Jump M35 Derek Brown M45 John Kuechle	7-6 7-6 WR6-6.25 95) 20-9.5 19-2.75	1 2 1 1 1 1 1 1
M60 Hal Smith M70 Donald Roser M85 Carol Johnston (Pajunen; 6-2 3/4; 19 Long Jump M35 Derek Brown M45 John Kuechle M50 Bruce Covington ScottMcCuthche	7-6 7-6 WR6-6.25 95) 20-9.5 19-2.75 14-10.75	LACSE
M60 Hal Smith M70 Donald Roser M85 Carol Johnston (Pajunen; 6-2 3/4; 19 Long Jump M35 Derek Brown M45 John Kuechle M50 Bruce Covinglon ScottMcCuthche M55 Alvin Henry	7-6 7-6 WR6-6.25 95) 20-9.5 19-2.75	LACSE
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M45 Gary Shapiro 17:21.95 Steve Carlson 18:39.04	National Ma	as
	M45 Mike Nash 117-5	!
Steve Carlson 18:39.04 M55 Harry Hunt 18:47.80	Art Raya 108-0 M50 D Archambault 97-0	1
M60 G McClenathen 20:56.20	M55 Dave Dill 103-6	•
W40 Yayoi Liu 19:00.09	Fred Hunter 98-3	'
W45 Trudy Lawrence 20:55.58 Short Hurdles	M60 Bob Humphreys 154-1 Hal Smith 138-1	i
M40 David Perrin 17.75	Ted Oviatt 112-8	1
Ken Stone 19.98	Bob Elderidge 100-2	1
Andrew Hecker 20.11 M50 Theo Viltz 15.07	M65 Arnie Gaynor 147-4 Harry Hawke 145-9	ľ
Sheridon Groves 15.61	Don Hegberg 119-3	Ì
M70 Richard Warren 17.10	Carlos Martinez 106-1	ŀ
M80+Bert Morrow 19.00	M70 Donald Roser 97-0 M75 Wilbur Thompson 104-3	
300 m H M35 Kettrell Berry 43.54	Bob Hunt 80-0	j
Derek Brown 48.61	Jerry Seifert 65-0	
Tim Jones 50.33	W50 Pat Hunter 54-8 W70 Shirley Dietderich 57-7	
M50 Sheridon Groves 50.11 Jorge Birnbaum 53.70	Hammer	
Steeplechase	M45 Art Raya 62-8	
M40 Dave Cook 11:12.40	M50 Dave Archambault 56-8 M55 Fred Hunter 89-8	1
M55 Jon Malnekoff 13:18.97 M60 Ted Oviatt nta	M60 Bob Humphreys 148-5	i
M70 Avery Bryant nta	M65 Harry Hawke 119-8	!
Walt Atcheson nta	Arnie Gaynor 97-2	!
4x100m Relay M30-39 Old Timers 55.66	M75 SeymourLampert 82-7 Javelin	1
M40 Monsoon 50.60	M35 Steve Barba 176-3	!
High Jump	M40 Bill Gardner 151-8	ì
M35 Eric Brown 5-6 M40 Jason Meisler 6-0	Mike Torres 123-2 M45 John Williams 119-7	í
Jorge Birnbaum 4-9 3/4	Ron Rook 119-1	!
M45 Charlie Rader 5-10	M50 David Pena 129-6 Richard Rook 93-11	ľ
Sam McCarney 5-1 3/4 John Williams 4-9 3/4	M55 Fred Hunter 97-8	Ĭ
M60 Ray Archibald 3-8	M60 Hal Smith 121-5	1
M65 Franklin Held 4-9 3/4	Delos Eyer 103-2	
Sam Teaford 3-10 M70 Richard Warren 4-0	M65 Don Hegberg 90-8 Arnie Gaynor 89-8	ľ
Donald Roser 3-10	Carlos Martinez 75-5	ı
W35 Linda Cummings 4-2	M70 Del Pickarts 144-7	J
Pole Vault M30 Greg Charles 13-1.5	Don Roser 99-1 M75 Jerry Seifert 78-8	
M40 Bill Halverson 16-2	W50 Pat Hunter 56-8	1
Greg Woepse 14-1.5	W70 Shirley Dietderich 64-4	!
Doug Sparks 14-1.25 Mike Hogan 13-7.25	5000m Racewalk M50 Mike Blakeman 34:15.69	
M45 Bill Stamper 11-11.5	M70 Bob Davidson 42:59.53	
M50 Dan Balley 13-1.5	Hawaii Masters TC Decathlon	!
M55 T Cannon 10-6 M60 Hal Smith 7-6	Honolulu; May 25-26	ľ
M70 Donald Roser 7-6	Vince Costello 43 5363	!
M85 Carol Johnston WR6-6.25 (Pajunen; 6-2 3/4; 1995)	Jack Karbens 55 4514	
Long Jump	Lionel Low 57 4456 Martin Hee 56 2963	1
M35 Derek Brown 20-9.5	Derek Goudge M45 2372	-
M45 John Kuechle 19-2.75 M50 Bruce Covington 14-10.75	Stanford Kuroda 59 1566	9799
ScottMcCuthchen 11-1	Bob DiBenedetto M40 853	S
M55 Alvin Henry 165	USATF Hawaii Championships	٨
M60 Roger Tsuda 16-4 Delos Eyer 11-7.75	Honolulu; May 26	۷
M65 Sam Teaford 9-5.25	M30 Rodney Clark 11.30	Ċ
M70 Richard Warren 11-11	M35 Gilbert Lee 11.72	١
W35 Elaine Iba 15-1.75 Linda Cummings 11-3.75	M45 Allen Ing 13.78 M50 – Ritte 13.31	1
Karen Vaughn 10-6.75	M50 - Ritte 13.31 M55 Rudy Kainuma 15.43	i
W45 Kay Sparks 7-11.5	M65 Arlo Ray 15.11	1
W55 NadineO'ConnerAR13-7 (Miller; 12-9 1/4; 1990)	M70 - Voege 18.40	1
Triple Jump	M85 Stan Thompson 40.00 W40 Gloria SavageEarly14.97	i
M35 Lavall Davenport 48-1/2	W55 Joan Davis 26.12	•
M40 David Cook 36-1 1/2 Andrew Hecker 33-1 3/4	W70 Edith Leiby 22.04	,
M55 Alvin Henry 36-6 3/4	200 m M30 R Clark 22.64	ì
M75 Chas Mercurio 24-9 1/4	M35 G Lee 24.15	!
W35 Elaine Iba 29-6 1/2 W50 Latanya Glass 22-1 3/4	M40 – Costello 26.13	
Shot Put	M45 Allen Ing 28.79 M50 Mike Suenaga 28.97	i
M35 Mario St John 28-1/4	M55 Jack Karbens 28.96	1
M40 Bill Gardner 43-3 3/4 Andrew Hecker 21-11	M65 A Ray 31.62 M70 - Voege 41.04	1
M45 Mike Nash 47-11	M70 - Voege 41.04 M85 S Thompson 1:56.34	
Art Raya 35-1 1/4	W30 Donna Spaddy 30.39	
M50 David Perrin 16# 36-6 3/4 D Archambault 33-1 3/4	W40 G SavageEarly 32.22 W70 E Leiby 56.82	1
M55 Dave Dill 36-3 1/2	W70 E Leiby 56.82	1
Fred Hunter 29-9 1/2	M35 Kent Unterman 59.91	
M60 Hal Smith 46-3/4	M40 - Costello 57.85 M50 - Ritte 60.64	
Doug Cronin 38-10	M50 - Rifte 60.64 M55 Robert Taylor 60.74	
Bob Eldridge 30-113/4	M65 Brooks Kakluchi 91.30	
Bob Eldridge 30-113/4 M65 Arney Gaynor 39-2 1/4	M85 S Thompson 4:38.70	+
Bob Eldridge 30-113/4 M65 Arney Gaynor 39-2 1/4 Harry Hawke 37-11 1/4	W30 D Spaddy	
Bob Eldridge 30-113/4 M65 Arney Gaynor 39-2 1/4 Harry Hawke 37-11 1/4 Carlos Martinez 32-4 3/4 Don Hegberg 30-11 3/4	W30 D Spaddy 72.68 W40 G SavageEarly 76.17	
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Bob Eldridge 30-113/4 M65 Arney Gaynor 39-2 1/4 Harry Hawke 37-11 1/4 Carlos Martinez 30-11 3/4 Don Hegberg 30-11 3/4 M75 Jerry Seilert 29-5 1/2 SeymourLampert 26-4 1/4 W35 Karen Vaughn 26-11 1/4 W50 Latanya Glass 32-6 1/4	W40 G SavageEarly 76.17 800 m M30 John Zincone 2:01.85 M40 Ed Somerville 2:18.80 M45 – Goudge 2:39.30	The second second

sters News	
M50 R Moeller M65 B Kakluchi	5:29.30 8:04.40
	2:14.30 3:22.90
Short Hurdles M30 Edwin Alfaro	21.03
M40 Vince Costello M50 Absalon Amoda	18.39 18.03
Long Hurdles M40 V Costello	66.70
M50 A Amoda HIgh Jump M40 DiBenedetto	72.72
M45 Tom Marks	5-0 4-3
M55 Lionel Low M65 Pat Brown	4-1
M70 - Voege M75 - Wheeler	3-8 3-10
M85 S Thompson Long Jump	2-7.5
M40 V Costello M55 –Low M65 – Brown	16-2.5 15-0
M70 -Voege	13-8.5 9-3/4
M85 S Thompson Triple Jump	2-11
M50 -Ritte M55 - Low	30-1 32-5
Shot Put M40 Bob DiBenedetto	32-2
M50 H Urabe 12# M55 Bob Molyneux12#	27-8 25-9.5
M70 - Voege 8# M75 - Wheeler 8#	26-2.5 29-7.5
M85 S Thompson 8# Discus	12-1
M40 B DiBenedetto	110-5 71-1
M45 Goudge M50 Ritte M55 Jack Karbens	76-0 106-0
M70 Dick Mulkern M75 Wheeler	110-7
M85 S Thompson	103-4 30-8
Javelin M40 Vince Costello	123-9
M45 Derek Goudge M50 Walt Ritte	83-10 114-2
M55 Jack Karbens M60 Chuck Coutts	109-6 106-8
M70 Bob Voege M75 Ken Wheeler	65-5 69-2
M85 S Thompson Weight	26-6
M40 B DiBenedetto M55 Jack Karbens	35-5.5 29-6.5
Arizona Throws Mesa; May 3	
Shot Put M35 Jeff Crothers	11.88
M40 Alan Bushman W30 Barbara Crothers	8.47 7.62
Discus M35 Jeff Crothers	32.62
M40 Alan Bushman Hammer	26.34
M35 Jeff Crothers M40 Alan Bushman	36.94 20.56
M50 Bob Osterhoudt M70 Tom DeVaughn	35.97 24.75
W30 Barbara Crothers Javelin	19.06
M30 Carlos Ortiz Welght	36.60
M35 Jeff Crothers M40 Alan Bushman	12.06 6.88
W30 Barbara Crothers Superweight	8.72
M35 Jeff Crothers W30 Barbara Crothers	7.96 5.12

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Shot Put	
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M40 Alan Bushman	8.47
W30 Barbara Crothers	7.62
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M35 Jeff Crothers	32.62
M40 Alan Bushman	26.34
Hammer	
M35 Jeff Crothers	36.94
M40 Alan Bushman	20.56
M50 Bob Osterhoudt	35.97
M70 Tom DeVaughn	24.75
W30 Barbara Crothers	19.06
Javelin	
M30 Carlos Ortiz	36.60
Weight	
M35 Jeff Crothers	12.06
M40 Alan Bushman	6.88
W30 Barbara Crothers	8.72
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M35 Jeff Crothers	7.96
W30 Barbara Crothers	5.12
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100m	

W30 Barbara Crothers	5.12
Los Gatos Class Los Gatos, CA; Ju	
100m	
M35 Peter Grimes	11.0
M40 Marty Krulee	10.6
Kevin Morning	10.9
Greg Belancio	11.8
Mark Robinson	11.9
M45 Ronnie Sims	11.9
Riley McHugh	11.9
Gregg Bunker	12.0
Paul Raymond	12.8
M50 David Naylor	12.1
Curtis Thomas	12.8
Larry Herman	13.4
M55 Bill Knocke	12.5
Art Stubbs	12.6
John Parks	12.8
M60 Rich Martin	12.3
M65 Don Cheek	13.1
Benson Ford	13.9
Vernon Regier	14.4

M75 Frank Toner	15.3	1410
K K Slaughter M80 Alan Cranston	18.9 19.8	W6
M85 Tony Castro	18.3	МЗ
W30 Joy Margerum	12.6	МЗ
W50 Avril Naylor W60 Irene Obera	14.2 13.9	M4
W70 Shirley Dielderich		
200m	22.4	M4
M35 Tom Baker M40 Kevin Morning	23.4 21.9	M5
Marty Krulee	22.1	
Greg Belancio Mark Robinson	24.5	M5
M45 Ron Sims	24.2	Me
Riley McHugh	24.6	W
Gregg Bunker Paul Raymond	24.8 25.4	Hu
M50 Matt Pruitt	24.6	M3
Brian Legakis	26.2	MS
Wm Hendricks M55 Art Stubbs	27.4 26.8	MS
M60 Rich Martin	25.7	Me Lo
M65 John Martel	29.7	M
Benson Ford Huel Washington	29.9 32.5	St
M75 Frank Toner	33.1	M:
K K Slaughter	38.3	HI
M85 Tony Castro W35 Diane Delucchi	29.5	M
W40 Val St James	27.9	M: M
W45 Martie Behrens	30.5 29.8	IVI
W55 Jutta McCormick W60 Irene Obera	29.8	
400m	GPT EF	M
M35 Chris Hughes	53.9	
S Sanchez J Shepardson	54.2 54.2	M
Nikos Mourtos	57.5	31
M40 Mike Evans	56.3	M
David Jang M45 Dave Salazar	64.5 55.1	M
Gregg Bunker	56.1	304
M45 David Pogue	59.4	P
Bob Collins Bob Gillis	59.8 61.9	M
M50 Matt Pruitt	59.2	М
Searcy Barnett	62.1	-
Frank Condon M65 Alex Pappas	64.7 75.5	6000
John Caldwell	79.8	M
W30 Liisa Nichols	63.7	W
W35 Diana Rigor Diane Delucchi	64.4 71.3	L
W40 Val St James	66.8	M
W60 D Bromstead	1:52.6	М
800m M30Noah Hinkston	2:03.5	M
Garth Merrill	2:05.9	M
Jack Youngren	2:08.5 2:08.6	2.23
Kevin Conners M35 J Shepardson	2:09.5	100
Joe Kammon	2:19.8	M
A Pacheco	2:24.8 2:16.1	100
M40 Reggie Duke Mike Evans	2:16.1	M
Rick Kushman	2:11.8	31
David Jang	2:27.0	M
M45 Dave Salazar Steve Hall	2:06.9 2:16.6	W
David Wood	2:21.3	W
K Gravenhorst	2:30.5	Т
M50 Searcy Barnett Fred Martin	2:20.1 2:25.8	M
Greg Burke	2:27.6	M
M55 Andres Dunkell	2:20.7	M
M60 P Richardson M65 Ken Napier	2:30.0 2:49.2	M
John Bromstead	3:43.0	M
W30 Liisa Nichols	2:23.3	S
W35 Diane Delucchi W45 DeeDee Grafius	2:39.7 2:26.4	M
Sharlet Gilbert	2:49.4	M
W50 E Zurlinden	3:29.8	M
W55 Jutta McCormick W60 D Bromstead	2:39.8 3:55.0	E IV
1500m	3.35.0	210
M30 Adam Miller	4:35.4	M
Ward Travis M35 David Lucas	4:43.4 4:22.5	м
M40 Charles Lighty	4:33.2	M
Joe Cabrera	4:34.3	
M45 Wayne Morris Robert Collins	4:42.8 5:04.9	М
Tom Bennett	5:13.4	
M50 Jim Hampton	4:37.2	D
Fred Martin Wm Hendricks	4:59.6	M
M55 Jim Bevins	5:17.3 5:47.0	M
M60 Glynn Wood	5:52.9	
M65 John Bromstead W30 Liisa Nichols	8:03.6	M5
W45 DeeDee Grafius	5:07.3 5:11.5	MO
Melinda Morse	5:25.4	CAT

19.8	Sharlet Gilbert W60 D Bromstead 5000 m M30 Mike Kappler M35 Jeff Kirk Nikos Mourtos M40 S Paladino Ray Orwig Brian Boyle M45 Wayne Morris M50 Fred Martin Lee Smith Dave Nelson M55 Jim Bevins M65 J Bromstead W35 Billie Boles W60 D Bromstead Hurdles M35 Peter Grimes Hanley M50 Gary West M55 Bill Knocke M65 John Martel Long Hurdles	5:52.2 7:34.7 18:03.6 17:30.6 19:42.4 17:20.6 19:33.4 20:23.9 19:27.2 19:50.4 21:32.7 24:33.8 21:29.1 30:49.8 23:43.0 30:49.8 20:52 19:74 18:78
19.8 18.3 12.6 14.2 13.9 19.8 23.4 21.9 22.1 24.5 24.6 24.6 24.8 25.4 24.6 26.2 27.4 26.8 25.7 29.7 29.9	5000m M30 Mike Kappler M35 Jeft Kirk Nikos Mourtos M40 S Paladino Ray Orwig Brian Boyle M45 Wayne Morris M50 Fred Martin Lee Smith Dave Nelson M55 Jim Bevins M65 J Bromstead W35 Billie Boles W60 D Bromstead Hurdles M35 Peter Grimes — Hanley M50 Gary West M55 Bill Knocke M65 John Martel	17:30.6 19:42.4 17:20.6 19:33.4 20:23.9 19:27.2 19:50.4 21:32.7 24:33.8 21:29.1 30:49.8 23:43.0 30:49.8 15:38 20:52 19:74
12.6 14.2 13.9 19.8 23.4 21.9 22.1 24.5 24.6 24.2 24.6 24.8 25.4 24.6 26.2 27.4 26.8 25.7 29.7 29.9	M35 Jeff Kirk Nikos Mourtos M40 S Paladino Ray Orwig Brian Boyle M45 Wayne Morris M50 Fred Martin Lee Smith Dave Nelson M55 Jim Bevins M65 J Bromstead W35 Billie Boles W60 D Bromstead Hurdles M35 Peter Grimes - Hanley M50 Gary West M55 Bill Knocke M65 John Martel	17:30.6 19:42.4 17:20.6 19:33.4 20:23.9 19:27.2 19:50.4 21:32.7 24:33.8 21:29.1 30:49.8 23:43.0 30:49.8 15:38 20:52 19:74
14.2 13.9 19.8 23.4 21.9 22.1 24.5 24.6 24.2 24.6 25.4 26.2 27.4 26.8 25.7 29.7 29.9	Nikos Mourtos M40 S Paladino Ray Orwig Brian Boyle M45 Wayne Morris M50 Fred Martin Lee Smith Dave Nelson M55 Jim Bevins M65 J Bromstead W35 Billie Boles W60 D Bromstead Hurdles M35 Peter Grimes - Hanley M50 Gary West M55 Bill Knocke M65 John Martel	17:20.6 19:33.4 20:23.9 19:27.2 19:50.4 21:32.7 24:33.8 21:29.1 30:49.8 23:43.0 30:49.8 15:38 20:52 19:74
19.8 23.4 21.9 22.1 24.5 24.6 24.2 24.6 25.4 24.6 26.2 27.4 26.8 25.7 29.7 29.9	Ray Orwig Brian Boyle M45 Wayne Morris M50 Fred Martin Lee Smith Dave Nelson M55 Jim Bevins M65 J Bromstead W35 Billie Boles W60 D Bromstead Hurdles M35 Peter Grimes — Hanley M50 Gary West M55 Bill Knocke M65 John Martel	19:33.4 20:23.9 19:27.2 19:50.4 21:32.7 24:33.8 21:29.1 30:49.8 23:43.0 30:49.8 15:38 20:52 19:74
23.4 21.9 22.1 24.5 24.6 24.2 24.6 24.8 25.4 24.6 26.2 27.4 26.8 25.7 29.7 29.9	Brian Boyle M45 Wayne Morris M50 Fred Martin Lee Smith Dave Nelson M55 Jim Bevins M65 J Bromstead W35 Billie Boles W60 D Bromstead Hurdles M35 Peter Grimes — Hanley M50 Gary West M55 Bill Knocke M65 John Martel	20:23.9 19:27.2 19:50.4 21:32.7 24:33.8 21:29.1 30:49.8 23:43.0 30:49.8 15:38 20:52 19:74
21.9 22.1 24.5 24.6 24.2 24.6 24.8 25.4 24.6 26.2 27.4 26.8 25.7 29.7 29.9	M50 Fred Martin Lee Smith Dave Nelson M55 Jim Bevins M65 J Bromstead W35 Billie Boles W60 D Bromstead Hurdles M35 Peter Grimes - Hanley M50 Gary West M55 Bill Knocke M65 John Martel	19:50.4 21:32.7 24:33.8 21:29.1 30:49.8 23:43.0 30:49.8 15:38 20:52 19:74
22.1 24.5 24.6 24.2 24.6 24.8 25.4 24.6 26.2 27.4 26.8 25.7 29.7 29.9	Lee Smith Dave Nelson M55 Jim Bevins M65 J Bromstead W35 Billie Boles W60 D Bromstead Hurdles M35 Peter Grimes - Hanley M50 Gary West M55 Bill Knocke M65 John Martel	21:32.7 24:33.8 21:29.1 30:49.8 23:43.0 30:49.8 15:38 20.52 19.74
24.5 24.6 24.2 24.8 25.4 24.6 26.2 27.4 26.8 25.7 29.7 29.9	Dave Nelson M55 Jim Bevins M65 J Bromstead W35 Billie Boles W60 D Bromstead Hurdles M35 Peter Grimes — Hanley M50 Gary West M55 Bill Knocke M65 John Martel	21:29.1 30:49.8 23:43.0 30:49.8 15:38 20:52 19:74
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26.8 25.7 29.7 29.9	M55 Bill Knocke M65 John Martel	
25.7 29.7 29.9	M65 John Martel	
29.7 29.9	Long Hurdles	18.78
	M40 Dave Miller	73.4
32.5	Steeplechase	73.4
33.1	M50 Greg Burke	12:37.9
38.3	M55 Jim Bevins High Jump	13:26.6
39.3	M30 Randy Crippen	5-8
27.9	M35 Nikos Mourtos	4-8
30.5	M40 Keith Nelson Mike Hatjhes	6-4 5-6
29.8	Greg Hedsor	4-8
griff Ele	M45 Ed Baskauskas Joel Eckels	5-6 5-4
53.9 54.2	Mike Holzgang	4-10
54.2	M50 Frank Condon	4-8
57.5	Dale Nelson M55 Don Dvorak	4-4
56.3 64.5	M60 J Steinman	4-4
55.1	M70 Jerry Silsdorf	3-8
56.1 59.4	Jim Johnson Pole Vault	3-6
59.8	M30 John Besmer	16-0
61.9	M35 Felix Bohni M45 Jim Williams	15-0 12-6
59.2 62.1	Eddie Seese	12-6
64.7	Paul Heglar	12-0
75.5 79.8	Joe Miyoshi M50 Roger Verne	11-0 11-0
63.7	M60 John Steinman	9-4
64.4 71.3	W35 Diana Rigor Long Jump	6-6
66.8	M30 Terry Duncan	21-9.5
1:52.6	M35 Peter Grimes Steve Piersol	20-1.5 16-9.5
2:03.5	M40 Don Dwight	17-10.5
2:05.9	M45 A Cachinero Mike Holzgang	18-4.5 16-2.5
2:08.5	Joe Miyoshi	15-10
2:09.5	Jeff Arnett	14-9.25
2:19.8	M50 Rich Imperial Gary West	15-3.5 15-3
2:24.8 2:16.1	Dale Nelson	11-3.5
2:16.9	M55 John Parks	15-8.5
2:11.8 2:27.0	Don Dvorak M60 O Legend	15-2.5 12-8
2:06.9	M70 Jim Johnson	9-6
2:16.6	W35 Joy Margerum W50 Avril Naylor	17-8.5
2:21.3 2:30.5	Nancy Nevin	13-10.5 9-3.5
2:20.1	Triple Jump	
2:25.8 2:27.6	M45 Ernest Tsui M50 Dale Nelson	32-9.25 18-9
2:27.6	M55 Don Dvorak	32-8.75
2:30.0	John Parks M60 O Legend	32-2.5 23-11.25
2:49.2 3:43.0	M65 John Cauldwell	27-10.25
2:23.3	W50 Avril Naylor	26-1.25
2:39.7 2:26.4	Shot Put M35 Ron McKee	55-11.5
2:49.4	M40 Dave Miller	27-10.5
3:29.8	M45 Gary Kelmenson M50 Clay Larson	1 35-8 53-10
2:39.8 3:55.0	T Abatzoglou	35-7.5
THE PARTY	Gary West	32-5.25
4:35.4 4:43.4	M55 Joe Keshmiri Gene Tucker	49-9 40-1.5
4:22.5	M60 Jim Hart	40-2.25
4:33.2	M70 Ed Chynoweth Jerry Silsdorf	37-7
4:34.3 4:42.8	Lou Toscano	27-6.5 2625
5:04.9	M75 Don Cumley	38-7.25
5:13.4	Mike Castaneda Discus	32-6.5
4:37.2 4:59.6	M40 Dave Miller	91-2
5:17.3	M45 Tom Fahey	138-9
5:47.0 5:52.9	M50 T Abatzoglou Wm Hendricks	118-5 82-10
8:03.6	Joe Ramaeker	108-1
5:07.3	M55 Joe Keshmiri Gene Thacker	164-3
5:11.5 5:25.4	Continued on	104-9

Continued from previous page	800m	M75 Kenneth Wheeler 30-2.25	M65 Don Cheek 67 1:03.58 90.2	Triple Jump	W40 Ruth Callard 30.5
M60 Jim Hart 133-4	M30 C Dillon 2:28.47	Discus	Sid Wing 66 1:04.60 87.8 Jim Selby 68 1:09.71 83.1	M35 Lavel Davenport 35 14.46 80.6 M45 Milan Tiff 47 13.27 85.5	Renny Shafer 30.9 W55 Jan McClurg 28.8
O Legend 86-2	M35 Mark Elwell 2:07.58 M40 E Somerville 2:15.83	M30 John Harvey 129-11 M35 Brian Ueno 119-10	M70 Walt Alcheson 70 1:22.32 71.9	M60 Ray Fitzhugh 62 8.44 69.6	W55 Jan McClurg 28.8 400 m
M70 Jerry Silsdorf 63-10 M75 Don Cumley 95-2	M40 E Somerville 2:15.83 M45 Wayne Joseph 2:34.07	M40 Dale Carstensen 120	M75 Bob Hunt 77 1:39.09 65.4 Julian Myers 79 1:58.91 56.1	M80 John Damski 82 7.56 83.2	M30 Gerald Edwards 54.1
Mike Castaneda 92-11	M50 Richard Moeller 2:53.01	M45 Scott Brooks 96-3	M80 Andy Collins 80 2:06.58 53.5	W35 Elaine Iba 36 8.88 61.3 W65 M Kuehne 66 7.38 82.6	Frank Coleman 57.4 M35 Tom Eilerton 51.6
Hammer MSE Bon Moken 154.4	M55 Geoff Howard 3:00.52	M55 Jack Karbens 107-6	W35 Shellie Banks 39 1:08.45 74.7 W40 Carla Hopple 40 1:04.59 79.8	Shot Put	M40 Brent Davy 56.3
M35 Ron McKee 154-4 Marty Martinez 136-7	M60 Tom Smyth 3:13.29 M65 Brooks Kakiuchi 3:44.69	M60 Edward VanPelt 157-5 M70 Dick Mulkern 121-3	Tina Stough 44 1:07.55 78.8	M40 Bill Gardner 43 13.67 69.7 Mike Budincich 42 13.66 65.2	M45 Dean Koga 61.7
Jeff Crothers 119-0	M65 Brooks Kakiuchi 3:44.69 M70 George Ishiki 3:36.10	M75 Kenneth Wheeler 99	Debbie Selby 40 1:25.00 60.6 W50 M McMaster 54 1:51.94 51.8	James Kerman 40 12.64 60.3	M50 Dave Walter 55.5 Ron Jensen 62.3
M45 Bob Prior 137-9	M75 Naoto Inada 3:25.39	M85 Stan Thompson 27	W60 Irene Obera 60 1:12.72 84.6 Patricia Willis 61 1:48.40 56.7	M45 Mike Nash 48 14.77 83.9 Mike Deller 48 12.71 72.2	Ron Jensen 62.3 Bill Etnyre 63.3
Gary Kelmenson 127-3 M60 Jim Hart 118-0	W60 Ruth Heidrich 3:20.87	W35 Lynette Chun 45-7	800m	James Cordes 47 9.99 53.1	M55 Don McMillan 60.1
Don Hughes 77-7	1500m M30 C Cillon 5:04.70	Trojan Masters Track Meet	M40 Eric Parker 44 2:05.63 88.7 Dan Goldman 42 2:06.71 86.7	M50 Art Altshiller 54 9.32 55.8 Larry Lloyd 50 8.23 44.3	M60 Larry Wright 79.5 M65 Jack Cov 64.0
Javelin	M30 C Cillon 5:04.70 M35 Bradley Lau 5:22.99	Cromwell Field/USC	Neal Bojko 41 2:12.87 82.1	M55 Dennis McCraven65 11.72 70.3	M65 Jack Coy 64.0 W40 Ruth Callard 68.8
M35 John Hansen 174-6 M45 Gary Kelmenson 104-6	M40 Stewart Miyashiro 4:49.17	Los Angeles, CA; June 29	M45 Bill Fitzpatrick 46 2:13.89 84.5 Steve Carlson 47 2:27.71 77.2	M60 Hal Smith 61 14.16 95.0 Alan Rosen 61 10.56 70.8	W45 Phyllis Nelson 76.1
Weight	M45 Wayne Joseph 5:04.29	100m A-G%	Ron Rook 48 2:31.13 76.0	Bob Eldridge 62 8.81 59.3	800 m M30 David Green 2:10.0
M35 Jeff Crothers 40-6	M50 Richard Moeller 5:35.02	M30 G Onyenyeonwu 30 11.10 88.8	M50 Lee Fitzgerald 51 2:11.74 89.3 Bob Russell 51 2:18.11 85.1	M65 Arnold Gaynor 69 12.86 95.4 Sam Adams 65 12.38 84.2	Don Wahl 2:21.4
M45 Gary Kelmenson 40-9 Bob Pryor 40-3	M55 Geoff Howard 5:38.27 M60 Cliff Youth 6:33.48	Stephen Acosta 31 13.66 72.1 M35 Alberto Ros 35 11.04 90.5	Graeme Shirley 50 2:24.68 80.6	Charlie Sarver 68 10.29 74.8	M40 Arny Stonkus 2:12.6
M60 Jim Hart 35-10	M65 Brooks Kakiuchi 7:31.25	Darrell Reed 39 11.14 89.7	M55 Gary Sims 55 2:57.20 68.6 M60 Charles Kirkby 61 2:34.88 82.9	M70 Ed Chynoweth 70 11.54 78.2 W35 Karen Vaughn 39 8.34 40.4	Dean Koga 2:20.1 M45 Bill Hughey 2:11.9
Don Hughes 34-9 Superweight	M75 Naoto Inada 7:10.21	Wayne Iba 38 11.65 87.5 M40 James Bonilla 41 11.60 89.6	Ray Archibald 64 2:59.64 73.6	W40 Svetzhna Yesayan44 10.92 60.8 W45 M Socomonian 47 5.39 32.6	Paul Muto 2:29.2
M35 Jeff Crothers 26-9	3000m	Steve Cummings 41 11.80 88.1	M65 Jim Selby 68 2:44.10 84.2 Bob Holmes 68 2:55.98 78.5	W50 Latanya Glass 50 9.95 56.4	Brian Peterman 2:31.3
M45 Gary Kelmenson 28-6	M30 J Banuilos 11:30.9h M35 K L Guerrero 11:27.3h	David Perrin 43 12.00 87.8 M45 Johnny Williams 45 11.40 90.6	M70 Avery Bryant 73 2:53.33 84.8	Connie Sarver 53 9.21 60.2 W55 Cherrie Sherrard 55 9.92 64.5	Charles Eyres 2:33.3 M50 Marty Stitsel 2:29.1
Bob Pryor 24-9 M60 Jim Hart 19-7.5	M40 S Miyashiro 10:11.6h	Eugene Driver 47 12.14 87.9 George Wong 48 13.43 81.1	Milo Sather 70 3:07.65 75.3 M75 Julian Myers 79 5:08.17 52.1	Discus	Bill Etnyre 2:37.3
Don Hughes 16-10	M45 Wayne Joseph 11:00.5h	M50 Frank Little 50 12.61 87.5	W40 Carla Hopple 40 2:27.20 82.5 W45 Trudy Lawrence45 2:49.62 74.7	M40 James Kerman 40 37.98 53.4 Mike Budincich 42 37.58 52.8	M55 Don McMillan 2:21.4
5000m Racewalk	M50 Richard Moeller 11:39.5h	David Naylor 50 12.65 87.2 Dale Herring 51 12.70 87.4	W50 Joni Shirley 50 2:37.28 84.2	Bill Gardner 43 37.12 54.7	Des O'Rourke 2:26.9 M60 Larry Wright 2:50.0
M40 Art Klein 29:32.0 Bryan Winter 29:39.0	M55 Geoff Howard 12:10.6h M60 Bob Doleman 15:41.20	Dale Herring 51 12.70 87.4 M55 Hal Tolson 59 12.40 94.6	M McMaster 54 4:13.09 54.4	M45 Mike Deller 48 40.02 65.8	W40 Sue Grigsby 2:36.0
M50 John Donne 31:03.2	M75 Martin Sherman 19:28.4h	Bill Knocke 57 12.68 91.2	W60 Jean Hoagland 60 2:51.63 85.4 W65 Sum Leonard 69 3:13.31 80.4	Mike Nash 48 39.48 64.9 James Cordes 47 28.96 44.5	1500m
M55 Stu Kinney 32:02.3	Short Hurdles	Philip Robertson 57 12.77 89.3 M60 Ken Dennis 60 12.44 94.9	1500	M50 Larry Lloyd 50 26.24 39.8	M30 Bryan Sera 4:33.3 M35 Don Wahl 4:54.9
M60 Jim Fisher 31:30.5	M30 Edwin Alfaro 20.38	Dick Richards 63 12.57 96.1	M30 HenrikGabrielyn31 4:41.82 73.7 M45 Steve Carlson 47 4:52.59 78.9	M55 David Nuttall 55 34.38 58.1 M60 Hal Smith 61 40.50 75.2	M40 Bruce Anderson 4:57.6
R Wheeler 35:56.0 M65 Dick Petruzzi 28:08.8	M40 Vincent Costello 18.19	Roger Tsuda 61 13.51 88.0 M65 Don Cheek 67 13.90 89.7	M50 Stephen Hake 50 4:46.74 82.4	Alan Rosen 61 35.28 65.5	M45 Bill Hughey 4:34.7
Bill Moreman 31:03.2	M50 Absalon Amodo 17.85 M55 Martin Hee 18.60	Samuel Flory 65 14.25 86.1	Bob Russell 51 4:50.62 82.0 M55 Doc Murdock 56 5:40.25 73.0	James Coen 60 34.64 54.4 M65 Arnold Gaynor 69 43.96 84.0	Dean Koga 4:53.7 Paul Muto 5:04.2
M70 Tom Pait 36:12.6	Long Hurdles	Jim Selby 68 14.80 85.1 M70 Thomas Miller 73 15.72 84.1	M60 Ray Archibald 64 6:05.23 73.5	Sam Adams 65 43.14 75.5	M50 Joe Henry 5:00.7
M80 Ernie Lucken 36:33.5 W40 Terri Brothers 28:32.3	M30 Edwin Alfaro 1:16.10	James Kohfeld 70 16.89 75.9	M65 Jim Selby 68 5:33.32 84.2 M70 Avery Bryant 73 5:55.80 84.0	Don Hegberg 68 38.90 72.8 M70 Don Roser 73 28.12 58.6	Evan Shull 5:10.0
Laura Cribbins 28:55.2	M50 Absalon Amodo 1:09.59	Joseph Welch 72 17.36 75.4 M75 Julian Myers 79 22.88 62.0	M75 Julian Myers 79 9:41.51 56.2	Walt Atcheson 70 24.40 47.6 M75 Bob Hunt 77 25.68 58.4	M55 Des O'Rourke 4:59.7 M60 Derek Mahaffey 5:19.1
W45 Judy Geldin 35:50.0	M55 Bob Dawson 1:28.52	M80 Andy Collins 80 19.10 75.1	W45 Trudy Lawrence45 5:42.12 74.9 W60 Jean Hoagland 60 5:47.61 85.4	M75 Bob Hunt 77 25.68 58.4 W35 Karen Vaughn 39 20.08 28.1	W40 Sue Grigsby 5:02.7
W50 Joann Nedelco 28:14.6 W55 L Coppola 33:32.4	M50 Hawaii Masters 53.33	M85 Anthony Castro 87 18.29 87.2 W35 Elaine Iba 36 13.71 80.5	Patricia Willis 61 8:40.78 57.0	W40 Svetzhna Yesayan44 35.16 55.6	Gwen Robertson 5:09.9
W60 Arlene Miller 38:56.5	50-A (Karbens/Bush/	W40 Michele Freeman 42 14.83 77.8	5000 M30 H Gabrielyn 31 16:56.31 76.5	W50 Connie Sarver 53 25.40 48.9 W55 Cherrie Sherrard 55 21.82 45.1	Joy Cordell 5:26.5 W45 Phyllis Nelson 5:43.2
W65 Grace Moreman 38:08.7	Suenaga/Amodo)	Kathryn Herring 43 16.45 70.7 Bess Qualls 42 16.39 69.4	M35 Frank Ebiner 37 16:36.46 79.4	Javelin	W50 Carol Flexer 5:27.1
Aloha State Games	M70 Hawaii Masters 70 1:26.84	W45 M Socomonian 47 20.92 57.3	M60 Don Truex 60 18:57.72 83.5 Ray Archibald 64 21:06.73 78.0	M30 Tom Wendler 34 30.00 33.0 M40 David Perrin 43 47.92 62.5	W65 Jan Kavadas 11:50.9
Honolulu, HI; June 14-15	(Yogi/Sherman/	W50 Avril Naylor 50 14.75 83.2 M McMaster 54 22.98 55.0	M75 Julian Myers 79 31:15.50 63.9	Bill Gardner 43 45.42 59.2 Vern McGarry 43 36.78 48.0	5000m M30 Dean Janz 16:20.9
M30 Kelsey Nakanelua 10.6h	W30 All Around 1:01.46	W60 Irene Obera 60 1/14.30 92.8 Christel Miller 62 16.33 82.7	W55 H Gerundo 58 26:11.35 66.0	M45 Ron Rook 48 36.96 53.0	David Flowers 17:19.0
M35 Gilbert Lee 11.38	(Early-Savage/Spaddy/	Patricia Willis 61 20.99 63.2	M50 Sheridon Groves 50 15.56 86.9 M55 Bill Knocke 57 15.81 92.2	John Williams 45 36.78 49.8 M50 Richard Rook 50 30.02 44.6	Scott Schiebler 17:51.8
M40 Gil Jankolwitz 12.84	Fairbourn/Andrews) 4x400 Relay	W65 M Kuehne 66 17.07 82.1 W70 Johnnye Valien 71 18.42 80.3	Alvin Henry 59 16.53 90.3	M55 Larry Stuart 59 55.40 97.7	M35 Tim Douglas 19:05.5 M40 Denis Villeneuve 16:48.8
M45 Art Isaki 13.17	M40 Hawaii Masters 40 4:10.20	200m	M60 Delos Eyer 61 22.85 66.3 110mH	David Nuttall 55 36.14 59.1 Larry Tiffin 59 26.66 47.0	M45 Charles Eyres 19:26.4
M50 Absalon Amodo 13.18 M55 Robert Taylor 13.31	(Gill/Blair/Lim/Dutro)	M30 G Onyenyeonwu 30 22.38 88.1 Berry Kettrell 30 22.50 87.6	M35 Roger Drummond35 17.04 77.8	M60 Delos Eyer 61 32.82 59.1	Doug Sturm 21:13.1 M55 Roger Dean 22:23.3
M60 Austin Whiting 14.36	M50 Hawaii Masters 4:27.04	M35 Alberto Ros 35 22.84 87.8	M40 David Perrin 43 16.38 86.8 300mH	Chuck Coutts 64 30.98 56.2 James Coen 60 24.36 40.3	M55 Roger Dean 22:23.3 M60 Larry Wright 20:14.9
M65 Pat Brown 15.03	50-A (Karbens/Bush/ Larson/Amodo)	Wayne Iba 38 23.64 86.6 Dave Dimassa 35 26.21 76.5	M65 Al Sheahen 65 54.8 81.2	M65 Sam Adams 65 32.84 59.7 Don Hegberg 68 26.00 50.1	Bob Langenbach 23:52.6
M70 Bob Voege 16.72	M60 Hawaii Masters 60 5:42.86	M40 FredgerAlexander43 25.00 84.8	M35 R Drummond 35 1:07.20 72.1	Don Hegberg 68 26.00 50.1 M70 Del Pickarts 70 45.64 91.2	M70 Knut Olson 29:21.1 M75 Fred Sandoy 28:17.6
M75 James Crane 19.46 M80 Bob Terukina 24.89	(Cunningham/Youth/	James Bonilla 41 25.52 82.0 Neal Bojko 41 26.22 79.8	M40 S Cummings 41 1:05.77 77.8	Ed Chynoweth 70 32.54 65.0 Don Roser 73 28.26 59.8	4x200m Relay
M85 Stan Thompson 38.17	Kakiuchi/Whiting)	M45 Fred Sowerby 45 24.27 88.7	Ken Stone 43 1:08.93 75.6 M50 SheridonGroves50 1:03.37 87.2	W35 Susan Abramian 37 31.32 48.1	W30-49 Holy Smokes 2:08.2
M90 Irwin Jaskulski 25.73	High Jump M40 TarasChepurny 5-6	Eugene Driver 47 24.71 87.1 Herman Castille 45 25.04 85.9	4x100 Relay	W50 Connie Sarver 53 22.80 48.0	M40 David Ortman 1.67
W40 Donna Spaddy 14.00	M45 Tom Marks 5-2	M50 Stan Whitley 50 23.56 94.6	M50 MON 50.74 UNA 52.02	Manie - Carlo Angel Suite	M45 Ric Teller 1.72
W45 G Savage-Early 14.40 W50 Peggy Andrews 17.15	M50 Allen Hartwell 4-6	Frank Little 50 26.02 85.7 David Naylor 50 26.56 84.0	W40 MON 59.82	NORTHWEST	M50 Dick Clintworth 1.47
W55 Joan Davis 25.77	M55 Martin Hee 4-4	M55 Hal Tolson 59 25.61 92.9	High Jump M35 Derek Brown 35 1.70 74.2	Seattle Masters Meet	Daniel Coll 1.47 Grant Lamothe 1.27
W60 Ruth Heidrich 19.66	M65 Sheldon Varney 4-8 M70 Bob Voege 3-8	Philip Robertson 57 26.04 88.7 Charley Loftis 55 27.54 83.9	M40 Jason Meisler 42 1.85 87.2	Seattle, WA; June 7	Grant Lamothe 1.27 M60 Jon Heller 1.17
W70 Edith Leiby 21.83	M70 Bob Voege 3-8 M75 K Wheeler 3-10	M60 Ken Dennis 60 26.50 90.4	Mel Embree 42 1.70 80.1 Michael Hatjes 40 1.55 71.4	100m	M65 Jack Fischer 1.45
M30 Hank Warrington 22.61	M85 Stan Thompson 2-4	Frank Hollier 60 26.98 88.8 Roger Tsuda 61 28.08 86.0	M45 Charles Rader 49 1.80 91.3	M35 Mike Waller 11.4 Greg Font 11.9	W Hill 1.37 M75 Ken Gorshkow 1.22
M35 Gilbert Lee 23.84	Pole Vault	M65 Don Cheek 67 28.80 88.4	M60 Phil Fehlen 61 1.65 94.8	Warren Washington 12.0	Le Luehrs 1.12
M40 Henry Dutro 25.72	Joel Flores 11	Samuel Flory 65 29.49 84.7 Jim Selby 68 30.35 84.2	W35 Karen Vaughn 39 1.33 72.2 W45 A Steekelenburg 49 1.33 81.6	M40 Bob Blackburn 11.7	W35 Martha Mendenhall 1.47
M45 Ng Allen 28.52	M30 Rudy Huber 21-11	M70 Milo Sather 70 35.38 74.0	W60 Christel Miller 62 1.18 84.8	John Wells 12.2 M45 Jack Craky 11.9	Pole Vault M45 John Patterson 3.50
M50 Mike Suenaga 28.41 M55 Stanford Kuroda 30.73	M35 Darrell Harden 17-5.25	Joseph Welch 72 37.40 71.6 James Kohfeld 70 40.67 64.4	W65 Shirley Kinsey 68 0.93 72.0	Wing Man 12.8	Rich Young 2.59
M55 Stanford Kuroda 30.73 M60 Austin Whiting 30.15	M40 Taras Chepurny 17-11.75	M75 Bob Hunt 77 40.87 69.5 M80 Andy Collins 80 53.06 55.7	Pole Vault M35 Lewis Hill 37 4.42 79.3	Richard Ying 13.4	M50 Larry Holmes 3.50
M70 George Ishiki 40.50	M45 Welmon Walker 1425	W35 Elaine Iba 36 28.77 77.4	Greg Charles 36 4.27 75.5	M50 Stephen Robbins 11.6 Dave Walter 12.3	Dick Clintworth 3.35 M55 Dave Butler 2.59
W30 Julie Fairbourn 30.42	M50 John Brassell 12-2 M55 Lionel Low 15-7.75	W40 Tina Stough 44 30.55 77.8 Michele Freeman 42 31.60 74.0	Robert Gonzales 38 2.59 47.0 M40 David Perrin 43 3.05 59.4	Will Leslie 13.0	M70 Don Grosh 2.49
W40 G Savage-Early 32.36	M65 Pat Brown 12-2	Kathryn Herring 43 35.18 67.0	M60 Ray Fitzhugh 62 2.59 65.9	M60 Jon Heller 16.1	W35 Martha Mendenhall 1.98
W50 Peggy Andrews 37.26	M70 Bob Voege 9-10	W50 Avril Naylor 50 31.49 79.3	M65 Jerry Donley 65 3.05 80.9 Bob Holmes 68 2.13 59.0	M65 Jack Coy 13.7 Jack Fischer 14.1	W55 Becky Sisley 2.50
W70 Edith Leiby 54.05	M75 KennethWheeler 9-6	M McMaster 54 51.30 50.3 W60 Irene Obera 60 29.95 90.7	M70 Don Roser 73 2.29 67.9	M70 Hal Carlile 15.0	Long Jump M35 Warren Washington 6.02
400m M30 Rudy Huber 52.01	M85 StanThompson 3-2.75 Triple Jump	W65 Sum Leonard 69 35.36 80.6	Tom De Vaughn 70 1.98 56.2 M85 Carol Johnston 85 1.98 72.0	George Butchko 17.9	Greg Font 5.91
M35 Mark Elwell 54.06		M Kuehne 66 37.10 77.7	W35 Karen Vaughn 39 1.25 N/A	W40 Ruth Callard 14.4	M40 Bob Blackburn 5.71 M45 Oron Lott 5.01
M40 Rob Gill 58.67	M35 Darrell Harden 33	M30 C Stephenson 34 51.02 86.9	W45 A Steekelenburg 49 1.25 N/A	Shawn Underwood 15.6 W55 Jan McClurg 13.9	M50 Grant Lamothe 4.50
M45 Mike Tobias 1:06.23		M35 Dave Dimassa 35 55.73 80.1 M40 Cliff McKenzie 40 49.18 93.8	W65 Shirley Kinsey 68 1.63 65.4 Long Jump	Becky Sisley 16.7	M55 Peter LaBarge 4.37
M50 Mike Suenaga 1:20.23		Milton Qualls 43 52.35 89.3	M35 Derek Brown 35 6.31 74.2	200 m M35 Green Foot 24.7	M60 Jon Heller 3.38
M55 Stanford Kuroda 1:08.45 M60 Bill Cunningham 1:15.95	M55 Lionel Low 31-7.75 M70 Bob Voege 20-1.75	Steve Cummings 41 55.11 84.2 M45 Fred Sowerby 45 51.85 92.0	M40 David Perrin 43 5.32 69.7 Manuel Akopyan 43 5.14 67.3	M35 Greg Font 24.7 M40 Bob Blackburn 25.0	M65 Darrold Skartvedt 4.35 M70 Hal Carlile 4.02
M65 Brooks Kakiuchi 1:36.00	A SAME THE GLOST	Herman Castille 45 55.08 86.6	M45 John Kuechle 45 5.67 76.3	Brent Davy 25.9	George Butchko 2.91
	and the second s	Eugene Driver 47 56.34 84.7	M55 Alvin Henry 59 5.05 82.1	John Wells 26.5	M75 Ken Gorshkow 2.55
M70 George Ishiki 1:27.99	M30 John Harvey 39-2.50	M50 Stan Whitley 50 53.06 93.2	Paul Madwin 50 2 20 52 8		
M70 George Ishiki 1:27.99 M75 Naoto Inada 1:32.23	M35 Brian Ueno 42-1	Larry Weisenthal 50 58.44 84.6	Paul Madwin 59 3.30 53.6 M60 Dick Richards 63 5.57 95.5	M50 Stephen Robbins 23.6 Dave Walter 24.8	Lew Luehrs 1.91 Triple Jump
M70 George Ishiki 1:27.99 M75 Naoto Inada 1:32.23 M80 Bob Terukina 1:55.14	M35 Brian Ueno 42-1 M40 Dale Carstensen 33-6.25		M60 Dick Richards 63 5.57 95.5 Roger Tsuda 61 4.58 76.4	Dave Walter 24.8 Will Leslie 27.3	Triple Jump M30 Gerald Edwards 12.17
M70 George Ishiki 1:27.99 M75 Naoto Inada 1:32.23 M80 Bob Terukina 1:55.14 W30 Julie Fairbourn 1:09.0h	M35 Brian Ueno 42-1 M40 Dale Carstensen 33-6.25 M45 Scott Brooks 35-6.75	Larry Weisenthal 50 58.44 84.6 Joe Perry 52 1:03.45 77.9 M55 Gary Sims 55 1:04.93 79.1 Fred Hartman 59 1:05.51 81.1	M60 Dick Richards 63 5.57 95.5 Roger Tsuda 61 4.58 76.4 M75 Julian Myers 79 2.54 54.0 W35 Elaine Iba 36 4.47 64.8	Dave Walter 24.8 Will Leslie 27.3 Grant Lamothe 27.3	Triple Jump M30 Gerald Edwards 12.17 M35 Greg Font 11.70
M70 George Ishiki 1:27.99 M75 Naoto Inada 1:32.23 M80 Bob Terukina 1:55.14 W30 Julie Fairbourn 1:09.0h W40 G Savage-Early 1:13.8h W60 Ruth Heidrich 1:28.5h	M35 Brian Ueno 42-1 M40 Dale Carstensen 33-6.25 M45 Scott Brooks 35-6.75 M50 Robert Larson 3075 M55 Jack Karbens 31-10	Larry Weisenthal 50 58.44 84.6 Joe Perry 52 1:03.45 77.9 M55 Gary Sims 55 1:04.93 79.1 Fred Hartman 59 1:05.51 81.1 M60 Charles Kirkby 61 1:01.65 87.7	M60 Dick Richards 63 5.57 95.5 Roger Tsuda 61 4.58 76.4 M75 Julian Myers 79 2.54 54.0 W35 Elaine Iba 36 4.47 64.8 W40 Michele Freeman 42 3.86 61.0	Dave Walter 24.8 Will Leslie 27.3 Grant Larnothe 27.3 M60 Larry Wright 33.5	Triple Jump M30 Gerald Edwards 12.17 M35 Greg Font 11.70 Warren Washington 11.69
M70 George Ishiki 1:27.99 M75 Naoto Inada 1:32.23 M80 Bob Terukina 1:55.14 W30 Julie Fairbourn 1:09.0h W40 G Savage-Early 1:13.8h W60 Ruth Heidrich 1:28.5h	M35 Brian Ueno 42-1 M40 Dale Carstensen 33-6.25 M45 Scott Brooks 35-6.75 M50 Robert Larson 3075	Larry Weisenthal 50 58.44 84.6 Joe Perry 52 1:03.45 77.9 M55 Gary Sims 55 1:04.93 79.1 Fred Hartman 59 1:05.51 81.1	M60 Dick Richards 63 5.57 95.5 Roger Tsuda 61 4.58 76.4 M75 Julian Myers 79 2.54 54.0 W35 Elaine Iba 36 4.47 64.8 W40 Michele Freeman 42 3.86 61.0	Dave Walter 24.8 Will Leslie 27.3 Grant Lamothe 27.3 M60 Larry Wright 33.5 M65 Jack Coy 28.2	Triple Jump M30 Gerald Edwards 12.17 M35 Greg Font 11.70

Continued from previous page	W30 Donna Lamar 14.28	M60 Larry Wright 18:44.21	M60 Neil Saling 151-10	Cecil Noble 13.49	1 800m
Continued from previous page	W40 Ruth Callard 14.68	M65 John Hepner 19:50.51	Bob Darling 139-9	Steve Banton 14.19	M30 Miles Smith 2:13.36
M40 Bob Blackburn 9.85	W50 Rosalie Carmen 15.85	Bill McChesney 21:13.62	Bob Lawson 137-5	M45 Jack Craig 12.42	M35 Tad Gotting 2:07.04
M45 Oron Lott 10.51 M50 K H Troy 10.88	Gwen Reid 15.91	Hurdles	Stan Zak 121-11	Wing Man 13.25	Hasan Na'im 2:10.12
M60 John Heller 6.97	Caroline Cooney 16.45	M45 Rich Walton 22.26	M65 Harv Lewellen 130-0	Fernando Ortega 13.27	M40 Paul Fragua 2:01.35
M70 Hal Carlile 7.43	W55 Becky Sisley 16.74	M65 Bill Hill 22.13	Bill Hill 105-11	Richard Ying 13.61 M50 Clyde Hundley 12.85	David Clingan 2:07.66
M75 Lew Luehrs 3.34	Rose Schlewitz 17.71	W40 Ruth Callard 15.02	Jerry Wojcik 104-11 M70 Cal Hersey 109-7	M50 Clyde Hundley 12.85 Ray Pokorny 13.08	Terry Dove 2:15.00 M45 Jim Jones 2:07.01
Shot Put	W65 Pat Osmon 23.25 W75 Irene Crane 28.18	Long Hurdles M45 Rich Walton 76.86	George Bulchko 84-1	Ron Jensen 13.31	Marc Wiitala 2:11.12
M40 Mark Neal 13.91	Men's Age-Graded 100m	M65 John Hepner 56.63	M75 Don Jacobs 46-10	Frank Lulich 13.42	Jim Hiebert 2:12.00
Gary Zasimovich 12.63	Dave Walter 52 11.17	W40 Ruth Callard 76.23	M80 Ross Carter 108-8	Fred Johnston 13.55	Rick Hammond 2:14.72
Mike Westin 10.76 M50 Jack Miller 9.53	Bob Golly 62 11.19	Heidi Sause 80.73	W50 Jean Moule 69-7	M55 Paul Edens 12.46	M50 Rich Tucker 2:13.51
Dan Cole 9.20	Richard Ying 49 12.17	W50 Jean Moule 81.62	Rosalie Carmen 65-10	Joe Johnson 13.18	Fred Pietrzak 2:26.53
Peter Larsen 9.16	Jim Puckett 57 12.27	Steeplechase	Kathy Crowe 56-9	Paul Stepan 14.24 Eduardo Aravena 14.97	Phil Nemir 2:38.48
M55 John White 11.75	Doug Puckett 33 12.30	M40 Jack Prestrud 10:50.99	W55 Suzy Hess 56-1 W65 Pat Osmon 41-4	Eduardo Aravena 14.97 Woodie Woodsum 15.59	M55 Don McMillan 2:16.61 Dan McCormack 2:23.70
Larry Lundgren 10.30	Don Kane 65 12.37 Hal Carlile 13.30	Scott Kessler 12:07.97 M45 Jim Satterfield 12:13.97	Hammer	M60 Bob Golly 13.73	M60 Mike Christiansen2:45.76
Tom White 8.23	Women's Age-Graded 100m	M50 Luigi Schiavo 16:34.93	M40 ForrestBrouillard 122-8	Danny Curtis 14.27	M65 Don Kane 2:40.72
M60 Neil Saling 11.56	Rosalie Carmen 53 12.55	M65 John Hepner 12:54.51	M50 Todd Taylor 139-11	Ralph Daehler 14.62	Tom Brinton 2:43.00
Turk Markishtum 11.28 M65 Darrold Skartvedt 11.18	Rose Schewitz 55 13.86	High Jump	Luigi Schiavo 79-4	Jim Schlewitz 14.78	M70 Rodney Brown 2:39.51
M65 Darrold Skartvedt 11.18 M70 Carl Fenema 10.15	Patricia Osmon 69 15.86	M55 Joe Johnson 4-8	David Smith 65-4	Bill Baxter 16.37	M80 Dan Bulkley 3:26.51
George Butchko 7.28	200m	Don McCrea 4-8	M55 John White 122-3	W30 Pam Reynolds 14.66 W40 Cindy Steenbergen 12.92	W30 Doreen Groshan 2:26.93
M75 Jim Minah 8.59	M30 Art Anderson 22.46	Jack Kondrasuk 4-2 M60 Bob Darling 4-9	Frank Carl 92-1 M60 Frank Miller 111-3	Jacqueline Board 13.63	Leslie Houdeshell2:29.77 W40 Deb DoveEerkes 2:23.76
Ken Gorshkow 7.93	Doug Puckett 24.50 M35 Ron Wallace 26.43	Bob Golly 4-4	M60 Frank Miller 111-3 Bob Lawson 110-9	Ruth Callard 14.51	W60 Suzi MacLeod 3:06.04
Lew Luehrs 7.29	Naim Hasan 28.10	Jim Hitchman 3-8	Jim Hitchman 100-4	Rebecca Mitchell 15.68	Marj Gilmore 3:29.39
M85 Leon Joslin 7.83	M40 Billy McKinney 24.60	M65 Bill Hill 4-4	M65 Jerry Wojcik 102-11	Shawn Underwood 15.80	1500m
M40 Mark Neal 40.44	Mike Andrews 25.10	Harvey Lewellen 4-2	M70 Vince Sempronio 86-10	W45 Mary Libal 13.09	M30 Chris Yorges 4:12.06
Gary Zasmovich 31.03	M45 Richard Ying 27.50	M70 Vince Sempronio 4-4	Ward Church 77-9	W50 Rosalie Carmen 15.63	M35 Pat Wagner 4:17.88
Mark Westlin 29.02	Mike Norton Sr 27.90	George Butchko 3-2	Bob Woods 74-7	Teddie Bell 16.60	Tad Gotting 4:19.36
M50 Jack Miller 32.60	M50 Dave Walter 24.53	M75 Gil Young 3-8 Les Hintz 3-0	M75 Jim Minah 105-10 W55 Suzy Hess 64-2	W55 Becky Sisley 16.69 Rose Schlewitz 17.73	M40 Paul Fragua 4:12.56
Dan Cole 27.06	Ray Pokorny 26.68 M55 Joe Johnson 26.68	Pole Vault	W55 Suzy Hess 64-2 W65 Pat Osmon 61-6	W70 Pat Osmon 23.57	David Jansen 4:15.62 M45 Ken Bell 4:21.23
Grant Lamothe 26.66	Paul Stepan 29.22	M34 Mike Jaqua 13-0	Javelin	W90 Myra Fromme 41.06	M45 Ken Bell 4:21.23 Marc Wiitala 4:30.55
M55 John White 37.54	M60 Jim Schlewitz 30.59	M40 Steve Banton 11-6	M40 Tom Walker 179-9	The state of the s	Jack Barrar 4:56.48
Larry Lundgren 31.30 Dick Dow 28.00	Larry Wright 33.99	M45 Ed Lipscomb 14-0	John Zedella 139-6	M30 Karry Cameron 24.52	Richard Hayes 5:12.26
M60 Neil Saling 45.58	M65 Dick Cottingham 30.69	John Patterson 11-6	M50 Bob Burkholder 148-11		Ron Dimmerman 5:38.16
Turk Markshtum 39.02	W40 Ruth Callard 30.30	Richard Ying 9-6	Ladd Zastoupil 132-5	Hasan Na'im 25.22	M50 Ron Ackerman 4:45.16
M65 Darrold Skarvedt 40.70	W50 Jean Moule 44.42 W55 Rose Schlewitz 38.55	M60 Don Gray 8-10 Bob Golly 7-10	Jim Holzgraf 89-8	Doug Schneebeck 25.58	Fred Pietrzak 4:50.08
W Hill 31.72	W55 Rose Schlewitz 38.55 W75 Irene Crane 59.67	M65 Harvey Lewellen 8-10	M55 Pete LaBorge 121-7 Joe Johnson 110-8	Lyle Dudley 29.31	Bob Williams 4:59.65
M70 George Butchko 26.72	400m	Bill Hill 5-6	Joe Johnson 110-8 John King 81-1	M40 John Wells 25.80	Phil Nemir 5:07.25
Carl Fennema 25.55	M30 Doug Puckett 52.88	M70 John Cleveland 8-6	M60 Bob Darling 150-0	Terry Dove 26.48	M55 Reed Miller 5:16.54 M60 Mike Christiansen5:19.42
M75 Ken Gorshkow 23.34 Lew Luehrs 13.66	M35 Naim Hasan 56.22	Don Grosh 8-2	Bob Lawson 126-10	Cecil Noble 27.08	M65 Paul Heitzman 5:08.62
Lew Luehrs 13.66 M85 Leon Joslin 25.34	David Haner 61.12	M75 Les Hintz 5-4	Jim Schlewitz 90-10	M45 Jack Craig 24.77	M70 John Keston 5:27.45
Hammer	Tony Crawford 63.59	W55 Becky Sisley 7-10	M65 John Hepner 107-5	Jim Hiebert 26.76 Fernando Ortega 26.84	M80 Dan Bulkley 7:20.62
M40 Mark Neal 44.58	M40 Mike Andrews 54.13	Long Jump	Earl Johnson 95-6	Allen Huffstutter 28.88	W30 Doreen Groshan 4:55.98
M60 Fred Shanaman 29.22	Lance Giles 55.77 Miklo Ohugushl 60.14	M30 Mike Toll 20-9.50 Brian Coushay 20-9	John Nelson 86-10	M50 Wayne Gripp 25.11	Leslie Houdeshell5:15.46
M65 Ken Weinbel 38.36	M45 Mike Norton Sr 62.57	M40 Mike Lariza 20-6	M70 Cal Hersey 96-10 Ward Church 75-1	Ray Pokorny 26.59	W40 Deb Dove-Eerkes 4:52.32
M75 Jim Minah 30.82 M85 Leon Joslin 24.34	Rich Walton 66.44	Bob Blackburn 19-11	George Butchko 74-7	Clyde Hundley 26.72	W55 Laura Stepan 8:02.60 W60 Marj Gilmore 6:50.03
Javelin 24.54	M50 Dave Walter 54.30	M50 Oron Lott 16-8.50	M75 Bill Bronson 103-2	Frank Lulich 26.86 Ron Jensen 27.65	W60 Marj Gilmore 6:50.03 W70 Jean Mitchell 8:38.62
M50 Grant Lamothe 26.84	Rich Tucker 57.11 Ray Pokorny 58.34	Jon Peterson 12-7	Joe Mallon 68-0	M55 Paul Edens 27.65 25.82	NMN Age-Graded Mile
M55 Peter LaBarge 36.34	M55 Don McMillan 59.76	Luigi Schiavo 11-11.50 M55 Dick Rex 14-2.50	Jim Minah 61-2 W35 JoAnne Wolfe 68-11	Joe Johnson 26.60	Name Age Time A-G%
Brad Wilson 29.44	Paul Stepan 67.00	Jack Kondrasuk 12-10.50	W35 JoAnne Wolfe 68-11 W40 Kimmie Allegre 96-9	Lew Thorne 28.17	John Keston 72 5.51.44 90.5
M60 Turk Markishtum 40.18 M70 Carl Fennema 25.76	M60 Larry Wright 73.00	Pete LaBorge 12-6.50	W50 Rosalie Carmen 72-0	Paul Stepan 29.54 Woodie Woodsum 32.74	Paul Heltzman 66 5:28.77 90.0 Herb Phillips 56 4:59.36 89.61
Georg Butchko 22.46	M65 Don Kane 66.70	M60 Bob Golly 13-8.50	W55 Becky Sisley 106-8	M60 Bob Golly 28.22	Jim Williams 58 4:59.44 89.59
M85 Leon Joslin 15.86	Tom Brinton 73.60 W75 Irene Crane 2:23.14	M65 Harvey Lewellen12-1.50	Rose Schlewitz 60-9	Ralph Daehler 29.75	Ed Cadman 52 5:01.11 86.1 Steve McChesney 40 4:35.31 85.9
W40 Ruth Callard 26.10	W75 Irene Crane 2:23.14	Bill Hill 11-6	W65 Pat Osmon 42-9 Weight	Danny Curtis 29.88	Dan McCormack 58 5:21.48 85.0
W55 Becky Sisley 29.30	M35 Mike Stepan 2:03.11	M70 Hal Carlile 13-4.50 George Butchko 10-5	M40 Forrest Brouillard 35-0	Jim Schlewitz 30.30	Dale Londos 32 4:25.53 84.5 Jim Jones 45 4:51.94 84.0
Weight Throw M60 Fred Shanaman 11.16	Tad Gotting 2:07.75	W30 Donna Lamar 14-10	M50 Todd Taylor 34-1	M65 Jack Coy 29.01	Bill McChesney 69 6:07.42 83.4
M65 Ken Weinbel 12.06	M40 Dave Clingan 2:08.89	W40 Kimmie Allegre 12-11	David Smith 26-2	Don Kane 30.00 Darrold Skartvedt 30.12	Tom Brinton 69 6:10.41 82.7 Suzi MacLeod 63 6:46.23 81.7
M75 Jim Minah 7.65	Bob Johnson 2:23.33 M45 Mark Wiitala 2:13.97	Triple Jump	Luigi Schiavo 24-6	Dick Cottingham 31.51	Jack Barrar 45 5:03.39 80.8
M85 Leon Joslin 7.41	M45 Mark Wiitala 2:13.97 Mike Morton Sr 2:36.39	M30 Mike Toll 39-3.25 M40 Terry Masterson 29-7.50	M55 John White 34-5 Frank Carl 22-7.50	M70 Rodney Brown 29.73	Craig Mallinckrodt 38 4:56.42 78.6 Marcia McChesney 67 7:40.66 75.8
3000m Racewalk	Ron Dimmerman 2:40.80	M50 Oron Lott 33-5	Paul Stepan 18-7.50	W40 Jacqueline Board 27.44	Donn Kirk 66 7:10.54 68.8
M35 Colin Peters 14:46.0 M45 Stan Chraminski 14:49.5	M50 Rich Tucker 2:11.43	M55 Jack Kondrasuk 26-4.75	M60 Bob Lawson 41-4.50	Ruth Callard 30.50	3000m
Bob Novak 15:39.5	Alan Beck 2:13.50	M60 Bob Golly 25-8.50	Frank Miller 34-9.50	Rebecca Mitchell 33.06	M30 Dale Londos 8:56.84
Art Grant 16:54.5	M55 Don McMillan 2:13.67 Robert Ryan 3:12.85	M70 Hal Carlile 21-9	M65 Jerry Wojcik 32-11	W45 Mary Libal 26.74 W50 Teddie Bell 34.90	M40 Steve McChesney8:55.34
W35 T L TaylorSmith 17:04.0	M60 Larry Wright 2:42.12	W30 Julie Toll 27-5.25	M70 Vince Sempronio 32-11		David Jansen 9:08.41
Joslyn Slaughter 18:14.2	M65 Don Kane 2:41.32	W50 Jean Moule 21-0 Shot Put	Bob Woods 23-1	Jean Moule 41.22	Brian Boyle 11:13.60
W40 Robin Helm 17:45.0	Tom Brinton 2:52.30	M40 Steve Banton 36-3	Ward Church 22-6.25 M75 Jim Minah 23-6	W55 Rose Schlewitz 37.86	M45 Ken Bell 9:39.79 Richard Hayes 11:00.09
W50 CaroleLangenbch22:55.0 W60 Bev LaVeck 17:09.7	1500m	Billy McKinney 27-10.50	W55 Suzy Hess 25-10 50	The Parties of the Land	Charles Eyres 11:05.91
1500m Racewalk	M30 Bryan Forbes 4:25.59	M50 Jerry Ford 40-11.75	W65 Pat Osmon 18-3 50	1400 5	John Hammond 11:12.90
M45 Art Grant 7:52.0	M35 Mike Stepan 4:18.15 Tad Gotting 4:20.32	David Smith 36-3.25	5000m Racewalk	M30 Paul Scarlett 51.18 M35 Hasan Na'im 54.92	Ron Dimmerman12:23.57
W35 T L Taylorsmith 9:05.6	Tony Crawford 5:09.13	DaveArchambault33-11.50	M40 Rob Frank 25:51.04	David Haner 59.26	M50 Phil Nemir 10:56.88
- Carried and Action Child	M40 Erik Ojala 4:24.12	M55 Joe Johnson 36-3 Jack Kondrasuk 31-10	Doug VerMeer 27:18.02 M55 Fred Seewerker 30:11.87	Lyle Dudley 64.62	Les Castle 11:34.87
Portland Masters Classic	M45 Jim Jones 4:24.19	M60 Bob Lawson 41-4	M65 Dick Vaughn 35:42.33	M40 David Clingan 56.51	Luigi Schiavo 14:34.63 M55 Reed Miller 11:14.62
Gresham, OR; June 14-15	Mark Wiitala 4:34.77	Neil Saling 39-7	M75 Joe Mallon 38:25 71	Russ Jacquet Acea 57.03	M60 Bobby Kincaid 11:00.61
100m	Jim Satterfield 4:54.55 M50 Mike Carnahan 4:36.90	M65 Roberts Peters 32-6.50	W35 Susan Heiser 30:12:10	Terry Dove 57.87 Cecil Noble 65.32	MikeChristiansn 12:12.34
M30 Art Anderson 11.13 M35 Ron Wallace 12.66	M50 Mike Carnahan 4:36.90 Bob Williams 5:00.29	M70 VinceSempronio37-10.75	W45 Kathy Smith 51:53 74	M45 Jim Jones 65.32	M65 Paul Heitzman 10:56.15
Naim Hasan 12.73	Greg Jacob 5:22.65	Cal Hersey 35-5.75	W50 Judy Heller 31:08.19	Jack Barrar 63.18	John Hepner 11:37.68
		Bob Woods 31-1	W55 Pat Morgan 32:11.88 Kaye Duncan 34:47.61	M50 Rich Tucker 57.27	Don Anhorn 17:07.25
M40 Billy McKinney 12.10	M60 Larry Wright 5:22.75	M75 Jim Minah	Kaye Duncan 34:47.61	Ray Pokorny 57.99	M30 Ron MacKenzie 18:05.67
M40 Billy McKinney 12.10 Bob Blackburn 12.11	M60 Larry Wright 5:22.75 M65 Bill McChesney 5:40.37	M75 Jim Minah 29-9.25 Don Jacobs 15-7.25	W60 MargaretPeters 35:19:07		
M40 Billy McKinney 12.10 Bob Blackburn 12.11 Steve Banton 14.03	M60 Larry Wright 5:22.75 M65 Bill McChesney 5:40.37 W55 Laura Stepan 8:05.98	Don Jacobs 15-7.25 M80 Ross Carter 36-10	W60 MargaretPeters 35:18.07 Marg Seewerker35:31.45	Clyde Hundley 58.10	
M40 Billy McKinney 12.10 Bob Blackburn 12.11 Steve Banton 14.03 M45 Richard Ying 13.60	M60 Larry Wright 5:22.75 M65 Bill McChesney 5:40.37 W55 Laura Stepan 8:05.98 W65 MarciaMcChesney7:05.48	Don Jacobs 15-7.25 M80 Ross Carter 36-10 W35 JoAnne Wolfe 28-3.25	W60 MargaretPeters 35:18.07 Marg Seewerker35:31.45 Anne Whitaker 36:16.00	Clyde Hundley 58.10 John Teising 59.65	Scott Nopp 18:54.83 Geoff Doerfler 21:33.06
M40 Billy McKinney 12.10 Bob Blackburn 12.11 Steve Banton 14.03 M45 Richard Ying 13.60 M50 Dave Walter 12.65	M60 Larry Wright 5:22.75 M65 Bill McChesney 5:40.37 W55 Laura Stepan 8:05.98	Don Jacobs 15-7.25 M80 Ross Carter 36-10 W35 JoAnne Wolfe 28-3.25 W40 Kimmie Allegre 30-4	W60 MargaretPeters 35:18.07 Marg Seewerker35:31.45 Anne Whitaker 36:16.00	Clyde Hundley 58.10 John Teising 59.65 Geoff Hughes 61.26	Scott Nopp 18:54.83 Geoff Doerfler 21:33.06 M40 Tom Cushman 16:22.33
M40 Billy McKinney 12.10 Bob Blackburn 12.11 Steve Banton 14.03 M45 Richard Ying 13.60 M50 Dave Walter 12.65 Ray Pokorny 13.25 Ron Jensen 13.48	M60 Larry Wright 5:22.75 M65 Bill McChesney 5:40.37 W55 Laura Stepan 8:05.98 W65 MarciaMcChesney7:05.48 W70 Jean Mitchell 8:57.65	Don Jacobs 15-7.25 M80 Ross Carter 36-10 W35 JoAnne Woffe 28-3.25 W40 Kimmie Allegre 30-4 W50 Rosalie Carmen 22-2.75	W60 MargaretPeters 35:18.07 Marg Seewerker35:31.45 Anne Whitaker 36:16.00 Hayward Masters Classic	Clyde Hundley 58.10 John Teising 59.65 Geoff Hughes 61.26 M55 Don McMillan 59.14	Scott Nopp 18:54.83 Geoff Doerfler 21:33.06 M40 Tom Cushman 16:22.33 DenisVilleneuve 16:31.89
M40 Billy McKinney 12.10 Bob Blackburn 12.11 Steve Banton 14.03 M45 Richard Ying 13.60 M50 Dave Walter 12.65 Ray Pokorny 13.25 Ron Jensen 13.48 M55 Paul Edens 12.57	M60 Larry Wright 5:22.75 M65 Bill McChesney 5:40.37 W55 Laura Stepan 8:05.98 W65 MarciaMcChesney7:05.48 W70 Jean Mitchell 8:57.65 3000 m W65 M McChesney 25:42.62 5000 m	Don Jacobs 15-7.25 M80 Ross Carter 36-10 W35 JoAnne Wotfe 28-3.25 W40 Kimmie Allegre 30-4 W50 Rosalie Carmen 22-2.75 Kathy Crowe 18-11	W60 MargaretPeters 35:18.07 Marg Seewerker35:31.45 Anne Whitaker 36:16.00 Hayward Masters Classic Hayward Field	Clyde Hundley 58.10 John Teising 59.65 Geoff Hughes 61.26 M55 Don McMillan 59.14 Lew Thome 66.27 Paul Stepan 68.15	Geoff Doerfler 21:33.06 M40 Tom Cushman 16:22.33 DenisVilleneuve 16:31.89 Greg Hartman 17:41.25
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M40 Billy McKinney Bob Blackburn Steve Banton 14.03 M45 Richard Ying M50 Dave Walter Ray Pokomy Ron Jensen 13.48 M55 Paul Edens Jim Puckett 14.51 M60 Bob Golly Jim Schlewitz M65 Don Kane Dick Cottingham 12.10 12.11 12.11 13.60 13.60 13.60 13.90 14.74 14.74 15.15	M60 Larry Wright 5:22.75 M65 Bill McChesney 5:40.37 W55 Laura Stepan 8:05.98 W65 MarciaMcChesney7:05.48 W70 Jean Mitchell 8:57.65 3000m W65 M McChesney 25:42.62 5000m M30 Chris Smith 18:19.88 Tom Scott 18:47.04 M40 RogerTumasonis16:20.56 M45 Doward Miller 17:42.65 Mark Wiitala 17:42.71 M50 Alan Beck 17:18.96	Don Jacobs 15-7.25 M80 Ross Carter 36-10 W35 JoAnne Wolfe 28-3.25 W40 Kimmie Allegre 30-4 W50 Rosalie Carmen 22-2.75 Kathy Crowe 18-11 W65 Pat Osmon 19-11.25 DIscus M40 Brian Valley 111-11 M45 Jerry Crowe 123-2 M50 D Archambault 102-6 Lulgi Schiavo 102-3	W60 MargaretPeters 35:18.07 Marg Seewerker35:31.45 Anne Whitaker 36:16.00 Hayward Masters Classic Hayward Field Eugene, OR; June 28-29 100 m M30 Art Anderson 11.11 Paul Scarlett 11.29 M35 Ron Wallace 12.19 Greg Font 12.39	Clyde Hundley 58.10 John Teising 59.65 Geoff Hughes 61.26 M55 Don McMillan 59.14 Lew Thome 66.27 Paul Stepan 68.15 M60 Bill Baxter 74.96 Jim Schlewitz 77.32 M65 Don Kane 65.11 Jack Coy 65.67 Tom Brinton 72.79 Don Anhorn 150.50	Geoff Doerfler Geoff Doerfler M40 Tom Cushman DenisVilleneuve 16:31.89 Greg Hartman M45 Richard Hayes M50 Ed Cadman Foster Kimble M50 Herb Phillips M60 Bobby Kincaid
M40 Billy McKinney Bob Blackburn Steve Banton 14.03 M45 Richard Ying M50 Dave Walter Ray Pokomy Ron Jensen 13.48 M55 Paul Edens Joe Johnson Jim Puckett M60 Bob Golly Jim Schlewitz M65 Don Kane Dick Cottingham Wm Hill 12.65 12.57 Joe Johnson 13.30 Jim Schlewitz 14.74 M65 Don Kane 14.78 15.15	M60 Larry Wright 5:22.75 M65 Bill McChesney 5:40.37 W55 Laura Stepan 8:05.98 W65 MarciaMcChesney7:05.48 W70 Jean Mitchell 8:57.65 3000m W65 M McChesney 25:42.62 5000m M30 Chris Smith 18:19.88 Tom Scott 18:47.04 M40 RogerTumasonis16:20.56 M45 Doward Miller 17:42.65 Mark Wiitala 17:42.71 M50 Alan Beck 17:18.96 Foster Kimble 20:58.74	Don Jacobs 15-7.25 M80 Ross Carter 36-10 W35 JoAnne Wolfe 28-3.25 W40 Kimmie Allegre 30-4 W50 Rosalie Carmen 22-2.75 Kathy Crowe 18-11 W65 Pat Osmon 19-11.25 Discus M40 Brian Valley 111-11 M45 Jerry Crowe 123-2 M50 D Archambault Luigi Schiavo David Smith 99-7 M55 Frank Carl 123-4	W60 MargaretPeters 35:18.07 Marg Seewerker35:31.45 Anne Whitaker 36:16.00 Hayward Masters Classic Hayward Field Eugene, OR; June 28-29 100m M30 Art Anderson 11.11 Paul Scarlett 11.29 M35 Ron Wallace 12.19 Greg Font 12.39 David Haner 12.81	Clyde Hundley 58.10 John Teising 59.65 Geoff Hughes 61.26 M55 Don McMillan 59.14 Lew Thome 66.27 Paul Stepan 68.15 M60 Bill Baxter 74.96 Jim Schlewitz 77.32 M65 Don Kane 65.11 Jack Coy 65.67 Tom Brinton 72.79 Don Anhorn 1:50.50 M70 Rodney Brown 66.27	Geoff Doerfler Geoff Doerfler M40 Tom Cushman DenisVilleneuve 16:31.89 Greg Hartman M45 Richard Hayes M50 Ed Cadman Foster Kimble M50 Herb Phillips M60 Bobby Kincaid
M40 Billy McKinney 12.10 Bob Blackburn 12.11 Steve Banton 14.03 M45 Richard Ying 13.60 M50 Dave Walter 12.65 Ray Pokomy 13.25 Ron Jensen 13.48 M55 Paul Edens 12.57 Joe Johnson 13.30 Jim Puckett 14.51 M60 Bob Golly 13.94 Jim Schlewitz 14.74 M65 Don Kane 14.78 Dick Cottingham 15.15 Wm Hill 15.92 M70 Hal Carlile 15.49	M60 Larry Wright 5:22.75 M65 Bill McChesney 5:40.37 W55 Laura Stepan 8:05.98 W65 MarciaMcChesney7:05.48 W70 Jean Mitchell 8:57.65 3000 m W65 M McChesney 25:42.62 5000 m M30 Chris Smith 18:19.88 Tom Scott 18:47.04 M40 RogerTumasonis16:20.56 M45 Doward Miller 17:42.65 Mark Wiitala 17:42.71 M50 Alan Beck 17:18.96 Foster Kimble 20:58.74 Steve Munroe 25:42.77	Don Jacobs 15-7.25 M80 Ross Carter 36-10 W35 JoAnne Wolfe 28-3.25 W40 Kimmie Allegre 30-4 W50 Rosalie Carmen 22-2.75 Kathy Crowe 18-11 W65 Pat Osmon 19-11.25 Discus M40 Brian Valley 111-11 M45 Jerry Crowe 123-2 M50 D Archambault 102-6 Luigi Schiavo 102-3 David Smith 99-7 M55 Frank Carl 123-4 John White 120-0	W60 MargaretPeters 35:18.07 Marg Seewerker35:31.45 Anne Whitaker 36:16.00 Hayward Masters Classic Hayward Field Eugene, OR; June 28-29 100m M30 Art Anderson 11.11 Paul Scarlett 11.29 M35 Ron Wallace 12.19 Greg Font 12.39 David Haner 12.81 Lyle Dudley 14.60 M40 Bill McKinney 11.95	Clyde Hundley 58.10 John Teising 59.65 Geoff Hughes 61.26 M55 Don McMillan 59.14 Lew Thorne 66.27 Paul Stepan 68.15 M60 Bill Baxter 74.96 Jim Schlewitz 77.32 M65 Don Kane 65.11 Jack Coy 65.67 Tom Brinton 72.79 Don Anhorn 1:50.50 M70 Rodney Brown W40 Jacqueline Board 61.23	Geoff Doerfler M40 Tom Cushman DenisVilleneuve 16:32.33 DenisVilleneuve 16:31.89 Greg Hartman M50 Ed Cadman Foster Kimble M50 Herb Phillips M60 Bobby Kincaid MikeChristiansn 19:44.65 John Shirey M60 Bobby Ken Odden M60 Bobby Kincaid
M40 Billy McKinney Bob Blackburn Steve Banton 14.03 M45 Richard Ying M50 Dave Walter Ray Pokomy Ron Jensen 13.48 M55 Paul Edens Joe Johnson Jim Puckett M60 Bob Golly Jim Schlewitz M65 Don Kane Dick Cottingham Wm Hill 12.65 12.57 Joe Johnson 13.30 Jim Schlewitz 14.74 M65 Don Kane 14.78 15.15	M60 Larry Wright 5:22.75 M65 Bill McChesney 5:40.37 W55 Laura Stepan 8:05.98 W65 MarciaMcChesney7:05.48 W70 Jean Mitchell 8:57.65 3000m W65 M McChesney 25:42.62 5000m M30 Chris Smith 18:19.88 Tom Scott 18:47.04 M40 RogerTumasonis16:20.56 M45 Doward Miller 17:42.65 Mark Wiitala 17:42.71 M50 Alan Beck 17:18.96 Foster Kimble 20:58.74	Don Jacobs 15-7.25 M80 Ross Carter 36-10 W35 JoAnne Wolfe 28-3.25 W40 Kimmie Allegre 30-4 W50 Rosalie Carmen 22-2.75 Kathy Crowe 18-11 W65 Pat Osmon 19-11.25 DIscus M40 Brian Valley 111-11 M45 Jerry Crowe 123-2 M50 D Archambault Lulgi Schiavo 102-3 David Smith 99-7 M55 Frank Carl 123-4	W60 MargaretPeters 35:18.07 Marg Seewerker35:31.45 Anne Whitaker 36:16.00 Hayward Masters Classic Hayward Field Eugene, OR; June 28-29 100m M30 Art Anderson 11.11 Paul Scarlett 11.29 M35 Ron Wallace 12.19 Greg Font 12.39 David Haner 12.81 Lyle Dudley 14.60	Clyde Hundley 58.10 John Teising 59.65 Geoff Hughes 61.26 M55 Don McMillan 59.14 Lew Thome 66.27 Paul Stepan 68.15 M60 Bill Baxter 74.96 Jim Schlewitz 77.32 M65 Don Kane 65.11 Jack Coy 65.67 Tom Brinton 72.79 Don Anhorn 1:50.50 M70 Rodney Brown W40 Jacqueline Board W45 Mary Libale 61.19	Geoff Doerfler 18:54.83 Geoff Doerfler 16:22.33 DenisVilleneuve 16:31.89 Greg Hartman 17:41.25 M45 Richard Hayes 19:07.16 M50 Ed Cadman 17:55.24 Foster Kimble 20:27.12 M55 Herb Phillips 16:59.64 M60 Bobby Kincaid MikeChristiansn 19:44.65 John Shirey 20:28.58 Ken Ogden 20:35.69 M65 Bill McChesney 21:01.39
M40 Billy McKinney 12.10 Bob Blackburn 12.11 Steve Banton 14.03 M45 Richard Ying 13.60 M50 Dave Walter 12.65 Ray Pokomy 13.25 Ron Jensen 13.48 M55 Paul Edens 12.57 Joe Johnson 13.30 Jim Puckett 14.51 M60 Bob Golly 13.94 Jim Schlewitz 14.74 M65 Don Kane 14.78 Dick Cottingham 15.15 Wm Hill 15.92 M70 Hal Carlile 15.49	M60 Larry Wright 5:22.75 M65 Bill McChesney 5:40.37 W55 Laura Stepan 8:05.98 W65 MarciaMcChesney7:05.48 W70 Jean Mitchell 8:57.65 3000 m W65 M McChesney 25:42.62 5000 m M30 Chris Smith 18:19.88 Tom Scott 18:47.04 M40 RogerTumasonis16:20.56 M45 Doward Miller 17:42.65 Mark Wiitala 17:42.71 M50 Alan Beck 17:18.96 Foster Kimble 20:58.74 Steve Munroe 25:42.77	Don Jacobs 15-7.25 M80 Ross Carter 36-10 W35 JoAnne Wolfe 28-3.25 W40 Kimmie Allegre 30-4 W50 Rosalie Carmen 22-2.75 Kathy Crowe 18-11 W65 Pat Osmon 19-11.25 Discus M40 Brian Valley 111-11 M45 Jerry Crowe 123-2 M50 D Archambault 102-6 Luigi Schiavo 102-3 David Smith 99-7 M55 Frank Carl 123-4 John White 120-0	W60 MargaretPeters 35:18.07 Marg Seewerker35:31.45 Anne Whitaker 36:16.00 Hayward Masters Classic Hayward Field Eugene, OR; June 28-29 100 m M30 Art Anderson 11.11 Paul Scarlett 11.29 M35 Ron Wallace 12.19 Greg Font 12.39 David Haner 12.81 Lyle Dudley 14.60 M40 Bill McKinney 11.95	Clyde Hundley 58.10 John Teising 59.65 Geoff Hughes 61.26 M55 Don McMillan 59.14 Lew Thorne 66.27 Paul Stepan 68.15 M60 Bill Baxter 74.96 Jim Schlewitz 77.32 M65 Don Kane 65.11 Jack Coy 65.67 Tom Brinton 72.79 Don Anhorn 1:50.50 M70 Rodney Brown W40 Jacqueline Board 61.23	Geoff Doerfler 18:54.83 Geoff Doerfler 21:33.06 M40 Tom Cushman 16:22:33 DenisVilleneuve 16:31.89 Greg Hartman 17:41.25 M45 Richard Hayes 19:07.16 M50 Ed Cadman 17:55.24 Foster Kimble 20:27.12 M55 Herb Phillips 16:59.64 M60 Bobby Kincaid 18:50.20 MikeChristiansn 19:44.65 John Shirey 20:28.58 Ken Ooden 20:25.60

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Continued from previous page	THE
Donn Kirk 24:32.29	M35
M70 John Keston 19:26.98	
W50 Pam Turner 19:52.21	M40
W60 Jane Dods 25:26.48 W65 MarciaMcChesney25:32.99	WI4U
10,000m	
M35 Stephen Stolp 39:15.74	100
M40 CreggWeinmann38:41.78	M45 M50
Mike Gangwer 39:18.60 M45 Richard Hayes 39:48.04	MISU
M50 JohnPostlethwait38:54.04	
M55 Jerry Reynolds 41:52.63	
M60 Bobby Kincaid 39:04.03	M55
Mary Rexius 40:33.35	M60
Ken Ogden 43:25.24 W30 CarolynPeterson49:38.38	MIOO
Hurdles	100
M35 Doug Schneebeck 16.53	M65
M40 Russ JacquetAcea 17.96	
M45 Jack Craig 16.00	
M50 Fred Johnston 15.62 Geoff Hughes 18.64	W30
M60 Bob Gollye 19.93	W40
M65 Alan Maxwell 20.16	W60
Bill Hill 22.54	Trip
Keith Carr 23.22	M30
M70 Dick Nordquist 16.48 M80 Dan Bulkley 17.73	M35
W30 Pam Reynolds 18.63	1000
W40 Ruth Callard 14.83	M40
Long Hurdles	M50
M35 Doug Schneebeck 57.52' M40 Robert Johnson 70.25	M65
M40 Robert Johnson 70.25 M50 Larry Norris 65.18	W30
M55 Joe Johnson 78.47	W50
M65 John Hepner 55.44	W60
M80 Dan Bulkley WR65.03	Sho M35
(Trei/68.0/1989) W40 Ruth Callard 74.38	M40
W50Jean Moule 85.11	1000
Steeplechase	M45
M30 Bobby Hays 9:34.73	
Scott Nopp 11:19.27	
M35 Pat Wagner 10:06.26 John Hughel 11:27.59	1000
M40 Jack Prestrud 10:54.09	M50
M45 Jim Satterfield 11:48.89	
M50 Larry Norris 11:59.39	145
Luigi Schiavo 16:15.67 M60 BobLangenbach 10:00.43	M55
M65 John Hepner AR8:10.29	120
(Bryant/8:23.74/1989)	177
M80 Dan Bulkley WR11:11.20 (Keller/11:39.03/1995)	M60
W50 Jean Moule 13:24.10	IVIO
High Jump	
M30 David Tumbull 1.88	M65
Tom Thompson 1.84 M35 Alan Wadsworth 1.64	
M35 Alan Wadsworth 1.64 M40 Keith Nelson 1.96	And the
Steven Banton 1.52	M70
M45 Jerry Cash 1.64	
Allen Huffstutter 1.40	M75
M50 Frank Lulich 1.56 Dick Clintworth 1.52	
Dick Clintworth 1.52 Geoff Hughes 1.44	M80
M55 Joe Johnson 1.44	
M60 Bob Golly 1.30	M85
Jim Hitchman 1.26 M65 Keith Carr 1.34	W40 W50
The second secon	WOO
Harvey Lewellen 1.30	200
M70 Vince Sempronio 1.34	1.88
M75 Gil Young 1.14	W55
Les Hintz 0.94 M80 Dan Bulkley 1.02	W70
M85 Leon Joslin 0.94	Dis
W50 Caroline Cooney 1.14	M35
W55 Becky Sisley 1.22	M40
Pole Vault M40 Dan West 4.10	
M40 Dan West 4.10 Steven Banton 3.68	San S
M45 Jerry Cash 4.10	M45
John Patterson 3.58	250
Richard Ying 2.78 M50 Dennis Phillips 4.00	
M50 Dennis Phillips 4.00 Dick Clintworth 3.38	1
M55 Terry Cannon 3.38	M50
Jim Matejka 3.08	The
Gary Isham 2.68 M60 Don Gray 2.49	
M60 Don Gray 2.49 Allen Morris 2.39	No.
Bob Golly 2.19	M55
M65 Harvey Lewellen 2.49	-
Loren Swanson 2.19	
M70 Don Grosh 2.70 John Cleveland 2.59	TATE
John Cleveland 2.59 Dick Nordquist 2.49	M60
M75 Myron Dover 1.58	11100
Les Hintz 1.58	-
W55 Becky Sisley 2.39	M65
Long Jump M30 Dave Turnbull 6.58	
moo Dave Turnbull 6.58	1015
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		Natio	nal l
Mike Toll	6.16	Jerry Wojcik	30.62
M35 Greg Font	6.22	Cully Vaughn	28.16
Darrell Charles Lyle Dudley	6.15 4.78	M70 Cal Hersey M75 Don Cumley	32.10
M40 Fred Pearson	5.65	Myron Dover	27.10
John Wells	5.53	Jim Minah	21.40
Cecil Noble Mario Valero	4.17 3.75	M80 Ross Carter Dan Bulkley	21.90
M45 Allen Huffstutter	4.51	M85 Leon Joslin	25.80
M50 Oron Lott	5.09	W50 Rosalie Carmen Jean Moule	20.40 20.38
Geoff Hughes Dick Clintworth	4.95	Kitty Crowe	17.90
Luigi Schiavo	3.58	W55 Becky Sisley	17.68
M55 Pete LaBarge FernandChiriboga	4.13 3.74	Suzy Hess Idora Eldred	16.66 13.56
M60 Ralph Daehler	4.60	W70 Pat Osmon	12.86
Danny Curtis	4.47	W75 Melanie Reske	13.00
Bob Golly M65 Darrol Skartvedt	3.78 4.57	M35 Ron Uhl	20.02
John Hepner	4.14	M45 Tim Edwards	38.82
Alan Maxwell	3.66	Bob Sager	36.62
Bill Hill W30 Pam Reynolds	3.22	Jan Elton Grigsby John Gallen	20.38
W40 Kimmie Allegre	4.40	M50 Tom Gage	60.18
W60 Jane Dods	3.11	George Mathews	47.76
Triple Jump M30 Brian Coushay	10.00	Todd Taylor David Smith	44.70 23.08
Mike Toll	13.86	M55 Dick Hotchkiss	46.16
M35 Darrell Charles	12.35	John White	39.14
Greg Font	11.93	M60 Jim Hitchman	32.22
M40 Fred Pearson M50 Oron Lott	11.29	Fred Shanaman M65 Ken Weinbel	29.20 35.26
M60 Bob Golly	8.06	Jerry Wojcik	31.66
M65 Ray Ryan	5.56	M70 Vince Sempronio	
W30 Julie Toll W50 Jean Moule	8.37 6.29	M75 Jim Minah M80 Ross Carter	31.30
W60 Jane Dods	5.99	W50 Georgia Cutler	26.62
Shot Put		W55 Suzy Hess	20.16
M35 Lyle Dudley M40 Curt Denny	6.30	W70 Pat Osmon W75 Melanie Reske	17.40
Steve Banton	9.88	Javelin Javelin	13.00
M45 Jerry Crowe	10.80	M30 Miles Smith	35.26
Bob Sager Tim Edwards	10.52	M35 Lyle Dudley M40 Tom Walker	28.84 54.76
Allen Huffstutter	9.40	Cecil Noble	39.86
Jan Elton Grigsby	9.22	Russ JacquetAce	a35.54
M50 Tom Gage George Mathews	15.18 12.62	M45 Allen Huffstutter	37.14
David Smith	10.85	Tim Shelley Tim Edwards	36.08 32.86
M55 Joe Keshmiri	15.32	Bob Sager	31.64
Dick Hotchkiss John White	12.22	Jan Elton Grigsby M50 Ladd Zastoupil	30.30
Richard Noble	11.35	Dick Clintworth	30.70
Joe Johnson	10.54	David Smith	29.38
M60 Walt Badorek Neil Saling	12.09	Geoff Hughes Luigi Schiavo	29.36 25.10
Ed Phelps	10.19	M55 Gary Reddaway	47.22
M65 Harvey Lewellen Darrold Skartvedt	11.24	Pete La Barge Joe Johnson	37.16
Charles Bispala	9.03	John King	33.50 25.08
Robert Peters	9.03	M60 Bob Darling	48.44
M70 Vince Sempronio Cal Hersey	11.35	Malcolm Russell Ed Phelps	42.60
M75 Don Cumley	11.65	Jim Schlewitz	30.90
Jim Minah	8.55	M65 Darrold Skartvedt	39.58
Myron Dover M80 Ross Carter	6.92	John Hepner Tom Allison	34.72
Dan Bulkley	7.99	Bill Hill	22.90
M85 Leon Joslin	7.83	M70 Cal Hersey	31.72
W40 Kimmie Allegre W50 Jean Moule	8.96 8.07	Vince Sempronio M75 Myron Dover	26.10 20.72
Rosalie Carmen	7.29	Boyd Brown	14.32
Georgia Cutler	6.60	M80 Dan Bulkley	19.52
W55 Idora Eldred	5.82 6.36	Ross Carter W30 Julie Toll	18.98 13.62
W70 Pat Osmon	5.70	W40 Kimmie Allegre	31.02
W75 Melanie Reske	5.68	W50 Teddie Bell Rosalie Carmen	25.32 22.28
Discus M35 Lyle Dudley	18.30	Jean Moule	14.36
1	47.88	W55 Becky Sisley	31.98
	37.26	Rose Schlewitz	15.52 15.34
the second secon	36.00 32.72	W70 Pat Osmon	12.24
M45 Tim Edwards	36.74	Weight	WO.
	33.38	M45 Tim Edwards	13.52
	32.30 29.12	Bob Sager Jan Elton Grigsby	11.38 7.88
Jan Elton Grigsby	28.44	M50 Tom Gage	16.24
	48.76 30.66	George Mathews Todd Taylor	13.70
	29.94	David Smith	7.16
Dick Clintworth	27.30	M55 Dick Hotchkiss	13.48
The same of the sa	25.66 46.86	John White Paul Stepan	10.16
	39.04	M60 Fred Shanaman	10.38
ConradSundholm	36.66	M65 Ken Weinbel	11.42
	34.08 28.18	Jerry Wojcik M70 Vince Sempronio	10.14
M60 Neil Saling	45.40	M75 Jim Minah	7.30
Bob Darling	44.82	M80 Ross Carter M85 Leon Joslin	6.70 6.00
Walt Badorek M65 Darrold Skartvedt	41.76	W50 Georgia Cutler	8.50
Harvey Lewellen	35.94	Rosalie Carmen	7.08
Bill Hill	34.54	W55 Suzy Hess	7.56

17 / 142 CA		Manager Commission Local Advances	
Vojcik	30.62	W70 Pat Osmon	5.76
Vaughn ersey	28.16 32.10	W75 Melanie Reske Mile Racewalk	5.12
umley	31.20	M40 Robert Frank	7:42.9
Dover	27.10 21.40	Doug VerMeer	8:10.0
Carter	33.40	M55 Ed Kousky Fred Seerwerker	7:34.4
Bulkley Joslin	21.90 25.80	M75 Joe Mallon 1	1:44.9
ie Carmen	20.40	W35 Teresa Aragon Marie VerMeer 1	8:26.4
Moule	20.38	W40 Robin Helm	9:05.3
Crowe	17.90 17.68	W55 SperryRademake Pat Morgan	r8:58.0 9:51.1
Hess	16.66		0.33.0
Eldred smon	13.56 12.86	W60 JoAnne Parks	9:27.7
ie Reske	13.00	MargSeewerker 1 Anne Whitaker 1	1:05.9
	00.00	5000m Racewalk	
lhl dwards	38.82 42.64		26:02.7 27:02.0
ager	36.62	M45 Stan Chraminski2	25:12.2
Iton Grigsby Gallen	20.38		26:17.6 31:14.8
Bage	60.18	M55 Ed Kousky 2	25:30.9
e Mathews Taylor	47.76 44.70	FredSeerwerker 3	
Smith	23.08	M75 George Grainger4 W35 Teresa Aragon 2	
Hotchkiss	46.16	W40 Robin Helm 3	30:40.0
White itchman	39.14		31:16.9 30:35.9
Shanaman	29.20	CaroleLangenbach	38:54.3
Veinbel Wojcik	35.26 31.66	W55 SperryRademakra	28:48.2 32:49.5
Sempronio			35:38.7
linah	31.30	W60 Bev LaVeck 2	28:49.3
Carter nia Cutler	19.16 26.62		30:18.2 34:56.1
Hess	20.16	MargSeerwerker3	
smon ie Reske	17.40	INTERNATIO	NA
ile Heske	13.08		
Smith	35.26	BVAF Champions Blackpool, England; Ju	
Oudley Walker	28.84 54.76	100 metres	
Noble	39.86	M40 Stephen Peters Eric Smart	11.3
JacquetAce Huffstutter	a35.54 37.14	Kevin Burgess	11.5
helley	36.08	M45 Viv Ollver	11.4
dwards Sager	32.86	Alasdair Ross Paul Pinnington	11.7
Iton Grigsby		M50 Brain Townley	12.00
Zastoupil Clintworth	41.46 30.70	Geoff Barratt Anthony Deleiros	12.30
Smith	29.38	M55 John Steede	12.4
Hughes Schiavo	29.36	Fred Turner Roy Austin	12.5
Reddaway	25.10 47.22	M60 Alan Mellett	13.3
La Barge	37.16	David Burton Tony Bowman	13.4
ohnson Kina	33.50 25.08	M65 Charles Williams	13.26
Darling	48.44	Allan Meddings Barry Parnaby	13.27
Im Russell nelps	42.60 30.90	M70 Douglas Adair	14.30
chlewitz	24.38	John Quantrell	15.20 15.29
d Skartvedi		George Bridgeman M75 Sylvester Stein	15.59
Hepner Allison	34.72	Alan Lovett Les Williams	15.61
il and	22.90	M80 Ernest Plimer	15.71
ersey Sempronio	31.72	Leonard Watson	18.49
Dover	20.72	Bernard Metcalfe W35Lynn Talbert	18.51
Brown	14.32 19.52	Sandra McDonald	13.2
Carter	18.98	Janet Lyon W40Helen Godsell	13.2
Toll ie Allegre	13.62 31.02	Margaret Smith	13.5
e Bell	25.32	Carole Filer W45Vivien Bonner	13.6
ie Carmen	22.28	Pat MacKinnon	13.53
Moule Sisley	14.36 31.98	Barbara Blurton W50Maureen Lewington	13.66
Schlewitz	15.52	Valerie Parsons	13.82
Eldred smon	15.34	Margaret Nuttall W55Esther Linaker	13.90
SHOIL	12.24	Iris Holder	15.00
dwards	13.52	Jackie Charles W60Carlna Graham	15.86 15.70
Sager Iton Grigsby	11.38 7.88	Carol Gibbons	15.82
Bage	16.24	Rosemary Chrimes W65Brenda Green	15.94
e Mathews	13.70 11.10	W75Mary Wixey	19.26
Smith	7.16	200 metres	
lotchkiss White	13.48	M40 Stephen Peters	22.38
Stepan	10.16 4.68	John Browne John Barclay	23.26
Shanaman	10.38	M45 Viv Oliver	23.02
/einbel Vojcik	11.42 10.14	Joseph Caines Paul Pinnington	23.04
Sempronio	9.92	M50 Glyn Sutton	24.24
inah Carter	7.30 6.70	Brain Townley Geoff Barratt	24.62 25.17
Joslin	6.00	M55 Fred Turner	25.17
ia Cutler e Carmen	8.50 7.08	John Steede Bryan Shearsmith	25.71 26.12
		M60 Alan Mellett	
less	7.56	MOU AIAM MIGHELL	26.74

Tony Bowman	27.24	1500 metres
David Burton	27.77	M40 Glyn Har Loughlin
M65 Allan Meddings Barry Parnaby	28.91	Peter Mil
Bill Morrow	34.93	M45 Slewart H
M70 Douglas Adair John Quantrell	29.12 30.36	Keith Mc
George Bridgema	n 30.74	M50 Reg Phip
M75 Alan Lovett	32.97	John Pot
Les Williams M80 Ernest Plimer	35.79 38.18	John Wal M55 Stanley E
Leonard Watson	40.13	Christoph
W35Angela Beadnall Sandra McDonak	26.61	Alan Pee M60 lan Barne
Laura Pummell	26.85	John Gor
W40Helen Godsell Margaret Smith	27.21 27.63	Arthur Kli M65 Bill Stodd
Joylyn Saunders	28.20	John Rot
W45Vivien Bonner	26.52	Derek Ho
Barbara Blurton Pat MacKinnon	27.42 28.08	M70 Ronald H Basil Nie
W50Maureen Lewingt		Ted Joyn
Valerie Parsons Margaret Nuttall	28.35 28.59	W35Deborah
W55Iris Holder	30.76	Jan Thon
Esther Linaker Janet Towler	31.22 33.01	Lynne Fla
W60Carol Gibbons	34.28	W40Janet Ho Anne Pu
Mary Webb	34.52	Marian E
Mary Holmes 400 metres	35.23	W45NancyHlt Felicity G
M40 Stephen Peters	51.43	Franky F
Alastair Duncan	52.90	W50Barbara I W55Irls Horns
John Coe M45 Alasdair Ross	53.26 52.7	Anne Na
Brian McKay	53.6	W60Anne Ma
M50 Graham Pope	53.7 55.81	Brenda A W65Joselyn F
Vic Blanchard	56.28	W75Jose Wal
Reg Phipps M55 Fred Turner	56.38 57.5	5000 metres
John Rae	58.4	M40 Mick Mct Graham
John Ross	59.1 59.7	Barrie M
M60 Ronald Anderson John Wilson	62.1	M45 Archie Je Philip Ha
Tony Bowman	63.9	Richard
M65 Charles Williams Tom Clowry	62.5 64.8	M50 Martyn F
Geoffrey Feast	69.1	Dic Evan Michael
M70 John Quantrell	72.35 78.19	M55 Stephen
M75 Alan Lovett W35Diane Clarke	57.89	David Sp Alan Pee
Lynn Talbert	59.19	M60 Dennis H
Laura Pummell W40Marianne Layden	59.51	John Go Peter Ho
Joylyn Saunders	64.31	M65 Paschal
Dawn Perry W45Barbara Blurton	67.41 60.36	Bill Stode William N
Caroline Marler	62.41	M70 Ronald H
Emily McMahon W50Yvonne Priestma	67.21 n 67.67	Ted Joyn
Brenda Fee	71.77	M75 Jerry Kei W35 Lynne Ma
Christine Scarles W55Iris Hornsey	72.29 75.04	Kim Davl
W60Mary Holmes	75.96	Jane Grif W40Judith Me
Carol Gibbons	76.78	Sue Ogih
Mary Webb W65Toni Borthwick	82.64 81.48	Hllary Co W45Felicity G
800 metres	TO COMPANY OF	CRollaso
M40 Alastair Dunlop Glyn Harvey	2-03.26 2-03.75	June Fos W50Elaine St
Kevin Archer	2-04.12	Pauline F
M45 Brian McKay	2-08.06	B Parkins
Stewart Hallon Alan Matthews	2-08.45	W55Christine Maureen
M50 Reg Phipps	2-09.30	Bridget C
Malcolm Martin Albert Eland	2-09.96	W65Joselyn F Betty For
M55 Dave Voyle	2-14.39	W75Jose Wal
John Ross John Newcombe	2-16.76 2-18.48	10000 metres
M60 lan Barnes	2-22.73	M40 Steve Lor Alan Den
John Wilson Arthur Kimber	2-23.40 2-26.78	MHiggInb
M65 Tom Clowry	2-31.59	M45 Archie Je Kenneth
Derek Howarth	2-40.12	C Dickins
M70 Basil Nielson	2-40.45 3-23.40	M50 Martyn R
Ted Joynson	3-52.10	Mark Mch
M75 Jerry Keily W35Barbara Murray	3-59.80 2-22.69	M55 David Sp
Lesley Felton	2-25.08	John Coll Alan Pee
Lynne Flatman W40Julie Asgill	2-26.42	M60 Cyrll Leig
Marianne Layden	2-27.42	Gordon W John Gor
Hilary Collins W45Barbara Blurton	2-40.37 2-20.63	M65 Bill Stodd
NancyHitchmough	12-22.69	William M Hugh Gib
Caroline Marler W50Patricia Card	2-24.08 2-58.27	M70 Ronald H
W55Iris Hornsey	2-49.93	Ted Joyn: M75 Jerry Keil
Anne Nally	2-54.80	W35Lynne Ma
W60Mary Holmes Anne Martin	3-00.90 3-18.29	Vicki Perr Liz Craig
W65Toni Borthwick	3-12.45 3-26.88	W40Anne Jee
Joselyn Ross W75 Jose Waller	3-26.88	Conti

5	M40 Glyn Harvey 4-12.5
	Loughlin Campion 4-13.7
	Peter Milligan 4-14.4
7	M45 Slewart Halion 4-24.2
	Keith McGeoh 4-24.7
2	
Ē	Michael Bumstead4-26.0
	M50 Reg Phipps 4-27.4
	John Potts 4-29.8
	John Wallace 4-29.8
	M55 Stanley Erlam 4-35.7
	Christopher Elson 4-36.1
1	Alan Peers 4-51.9
7	M60 lan Barnes 4-56.2
	John Gormley 5-02.2
	Arthur Kimber 5-08.9
-	M65 Bill Stoddart 5-14.9
-	John Roberts 5-25.0
	Derek Howarth 5-27.3
2	M70 Ronald Hale 6-11.6
3	Basil Nielson 7-07.9
1	Ted Joynson 7-29.4
31	M75 Jerry Kelly 7-21.9
2	W35Deborah Howard 4-48.4
3	Jan Thomson 4-54.9
7	Lynne Flatman 5-04.8
1	W40Janet Holt 4-41.05
-	Anne Pugh 4-54.45
8	Marian Eldridge 5-01.58
ş	W45NancyHitchmough5-03.0
	Felicity Garland 5-19.6
0	
5	Franky Farquhar 5-20.2 W50Barbara Parkinson5-36.8
f	
	Anne Nally 6-02.1
ř	W60Anne Martin 6-37.9
	Brenda Atkinson 6-51.8
	W65Joselyn Ross 6-47.9
	W75Jose Waller 7-29.3
	5000 metres
	M40 Mick McGeoch 15-26.9
3	Graham Ratcliffe 15-28.8
r	Barrie Moss 15-31.9
8	M45 Archie Jenkins 15-29.7
8	Philip Hankinson 16-05.2
	Richard O'Keele 16-16.6
Ĕ.	M50 Martyn Rouse 16-07.4
6	Dic Evans 16-19.2
	Michael Dixon 16-32.7
i	M55 Stephen James 16-47.8
	David Spencer 17-41.7
	Alan Peers 18-10.4
1	M60 Dennis Hayes 18-05.5
ď.	John Gormley 18-16.9
	Peter House 19-01.5
9	M65 Paschal Morris 18-29.7
3	Bill Stoddart 18-35.6
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	William McBrlnn 19-15.8
- C. W. C. C.	William McBrlnn 19-15.8 M70 Ronald Hale 20-55.7
The second second	William McBrlnn 19-15.8 M70 Ronald Hale 20-55.7 Ted Joynson 23-12.0
THE RESERVE AND ADDRESS.	William McBrlnn 19-15.8 M70 Ronald Hale 20-55.7 Ted Joynson 23-12.0 M75 Jerry Keily 27-34.2
CONTRACTOR STATEMENT	William McBrlnn 19-15.8 M70 Ronald Hale 20-55.7 Ted Joynson 23-12.0 M75 Jerry Keily 27-34.2 W35 Lynne Marr 18-01.6
AL ORGANIZATION STREET,	William McBrlnn 19-15.8 M70 Ronald Hale 20-55.7 Ted Joynson 23-12.0 M75 Jerry Keily 27-34.2 W35 Lynne Marr 18-01.6 Kim Davison 18-24.2
THE RESIDENCE OF THE PROPERTY OF	William McBrlnn 19-15.8 M70 Ronald Hale 20-55.7 Ted Joynson 23-12.0 M75 Jerry Keily 27-34.2 W35 Lynne Marr 18-01.6 Kim Davison 18-24.2 Jane Griffiths 18-33.7
AT THE RESIDENCE AND ADDRESS OF	William McBrlnn 19-15.8 M70 Ronald Hale 20-55.7 Ted Joynson 23-12.0 M75 Jerry Keily 27-34.2 W35 Lynne Marr 18-01.6 Kim Davlson 18-24.2 Jane Griffiths 18-33.7 W40 Judith Meeten 18-09.4
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THE RESERVE AND ADDRESS OF THE PERSON NAMED IN	William McBrlnn 19-15.8 M70 Ronald Hale 20-55.7 Ted Joynson 23-12.0 M75 Jerry Keily 27-34.2 W35Lynne Marr 18-01.6 Kim Davlson 18-24.2 Jane Griffiths 18-33.7 W40Judith Meeten 18-09.4 Sue Ogilvie 18-52.0 Hillary Collins 19-33.5
THE PERSON OF TH	William McBrlnn 19-15.8 M70 Ronald Hale 20-55.7 Ted Joynson 23-12.0 M75 Jerry Keily 27-34.2 W35 Lynne Marr 18-01.6 Kim Davison 18-24.2 Jane Griffiths 18-33.7 W40 Judith Meeten 18-09.4 Sue Ogivie 18-52.0 Hillary Collins 19-33.5 W45 Felicity Garland 18-57.6
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A STANDARD OF THE SECOND SECON	William McBrlnn 19-15.8 M70 Ronald Hale 20-55.7 Ted Joynson 23-12.0 M75 Jerry Keily 27-34.2 W35Lynne Marr 18-01.6 Kim Davison 18-24.2 Jane Griffiths 18-33.7 W40Judith Meeten 18-09.4 Sue Ogilvie 18-52.0 Hillary Collins 19-33.5 W45 Felicity Garland 18-57.6 CRollason 19-01.4 June Foster 19-51.5
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THE RESERVE THE PARTY OF THE PA	William McBrlnn 19-15.8 M70 Ronald Hale 20-55.7 Ted Joynson 23-12.0 M75 Jerry Keily 27-34.2 W35Lynne Marr 18-01.6 Kim Davlson 18-24.2 Jane Griffiths 18-33.7 W40Judith Meeten 18-09.4 Sue Ogilvie 18-52.0 Hillary Collins 19-33.5 W45Felicity Garland 18-57.6 CRollason 19-01.4 June Foster 19-51.5 W50Elaine Statham 18-42.4 Pauline Rich 20-13.1
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THE RESERVE THE PROPERTY OF THE PARTY OF THE	William McBrlnn 19-15.8 M70 Ronald Hale 20-55.7 Ted Joynson 23-12.0 M75 Jerry Keily 27-34.2 W35Lynne Marr 18-01.6 Kim Davlson 18-24.2 Jane Griffiths 18-33.7 W40Judith Meeten 18-09.4 Sue Ogitwie 18-52.0 Hillary Collins 19-33.5 W45Felicity Garland 18-57.6 CRollason 19-01.4 June Foster 19-51.5 W50Elalne Statham 18-42.4 Pauline Rich 20-13.1 B Parkinson 21-03.6 W55Christine Lee 20-48.4 Maureen Farish 23-47.1
THE RESERVE OF THE PROPERTY OF	William McBrlnn 19-15.8 M70 Ronald Hale 20-55.7 Ted Joynson 23-12.0 M75 Jerry Keily 27-34.2 W35Lynne Mar 18-01.6 Kim Davison 18-24.2 Jane Griffiths 18-33.7 W40Judith Meeten 18-09.4 Sue Ogilvie 18-52.0 Hillary Collins 19-33.5 W45Felicitly Garland 18-57.6 CRollason 19-01.4 June Foster 19-51.5 W50Elaine Statham 18-42.4 Pauline Rich 20-13.1 B Parkinson 21-03.6 W55 Christine Lee 20-48.4 Maureen Farish 23-47.1 Bridget Cushen 24-16.0
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THE RESERVE THE PROPERTY OF TH	William McBrlnn 19-15.8 M70 Ronald Hale 20-55.7 Ted Joynson 23-12.0 M75 Jerry Keily 27-34.2 W35 Lynne Marr 18-01.6 Kim Davison 18-24.2 Jane Griffiths 18-33.7 W40 Judith Meeten 18-09.4 Sue Ogilvie 18-52.0 Hillary Collins 19-33.5 W45 Felicity Garland 18-57.6 CRollason 19-01.4 June Foster 19-51.5 W50 Elaine Statham 18-42.4 Pauline Rich 20-13.1 B Parkinson 21-03.6 W55 Christine Lee 20-48.4 Maureen Farish 23-47.1 Bridget Cushen 24-16.0 W65 Joselyn Ross 23-53.6 Betty Forster 24-27.7 W75 Jose Waller 26-34.4 10000 metres M40 Steve Lonnen 32-04.95
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Committee or a first land was all the first		
	Gaye Clarke	2.00
Continued from previous page	W40Jennifer Cunnane	2.70
DeniseWakefield 40-19.9	Judi Stafford	2.00
Susan Crehan 41-05.1 W45June Foster 42-14.4	W50Maureen Jones	1.90
Franky Farguhar 43-14.5	Long Jump	
W50Pauline Rich 42-02.4	M40 Trevor Wade	6.38
Patricia Collier 52-26.6	David Elderfield	5.62
W75.Insa Waller 54-44.8	Philip McIlfatrick	5.60
3000m Steeplechase	M45 Paul Pinnington	5.84
M40 Dave Carrington 9-45.58	David Folgate	5.66
Eero Keranen 9-51.64	Dennis Wallington M50 Eamon Fitzgerald	5.61
Peter Boxshall 9-59.27	Snowy Brooks	5.15
M45 M Burnstead 10-37.08	James Rayner	4.99
M Wakefield 10-42.01 Peter Duhig 10-57.45	M55 Mike Garvey	5.25
Peter Duhig 10-57.45 M50 Ron McAndrew 11-28.52	Collin Green	4.96
Frederick Bush 11-44.72	James Parish	4.91
M60 Peter Knott 9-31.63	M60 Colin Field	4.57
High Hurdles	Trevor Driver	4.45
M40 Philip McIlfatrick 15.81	Ivon Price M65 Ajit Kaliral	3.99
lan Scholes 15.84	James Crehan	3.91
Clive Pengelly 17.15	Bill Morrow	3.46
M50 Eamon Fitzgerald 15.97	M70 George Bridgeman	3.92
Snowy Brooks 16.36	M75 Alan Lovett	4.04
Bob Groves 16.93 M55 Barry Ferguson 16.06	W35Jenny Brown	5.41
John Howe 16.18	Danea Herron Manndy Laing	5.18
Martin Simmonds 19.50	W40Carole Filer	5.08
M60 Colin Shafto 16.39	Brenda Evans	4.52
Jim Day 19.49	Gwen Cunningham	4.37
Joseph Phillips 19.88	W45Emily McMahon	4.69
W35Gaye Clarke 15.74 Jenny Brown 15.96	W50Mariene Simmonds	4.39
Jenny Brown 15.96 D Keenleyside 16.07	Pat Oakes	3.60
W40Carole Filer 13.49	Janice Hindle W55Jackie Charles	3.54
W50Marlene Simmonds 14.51	Iris Holder	3.99
W55Jackie Charles 15.99	Janet Towler	3.29
W60Carina Graham 16.43	W60Carina Graham	3.62
Long Hurdles	Betty Steedman	3.60
M40 David Anderson 58.09	Carol Gibbons	3.55
Raymond Daniel 58.96	W75Mary Wixey	2.68
Andrew Laird 60.19 M50 Richard Barrington 62.55	Triple Jump	
M50 Richard Barrington 62.55 Frederick Bush 65.58		13.08 12.76
Bob Groves 66.61		11.40
M55 Martin Simmonds 68.86		12.17
Brian Ariss 70.00		11.66
John Ross 70.66		11.17
M60 Colin Shafto 48.7		12.88
John Baron 53.6 William Atkinson 56.4		10.92
M65 lan Steedman 55.5		9.23
W35Lynn Talbert 69.91	William Gentleman	9.28
Sally Page 73.67		10.19
W40Carole Filer 70.34	Trevor Driver	9.67
Diane Watkins 78.49 W55Nanette Cross 62.9	Joseph Phillips M65 James Crehan	9.30
High Jump	Allt Kalirai	8.98
M40 Robert Smith 1.75	Norman Carter	6.82
Christopher Hesketh 1.75	M75 Les Williams	7.60
Trevor Wade 1.70		11.11
M45 Stephen Faulkner 1.63		10.21
Robert Abdy 1.48 Allan MacLeod 1.33	Gaye Clarke W40Carole Filer	9.00
M50 Eamon Fitzgerald 1.66		0.70
		9.78
Bob Groves 1.63	Gwen Cunningham	9.78
Bob Groves 1.63 Michael Cole 1.54		
Bob Groves 1.63 Michael Cole 1.54 M55 Collin Green 1.45	Gwen Cunningham Brenda Evans W50Marlene Simmonds Pat Oakes	9.78 8.67 9.52 8.49
Bob Groves 1.63 Michael Cole 1.54 M55 Collin Green 1.45 Fred Turner 1.45	Gwen Cunningham Brenda Evans W50Marlene Simmonds Pat Oakes Joyce Rammell	9.78 8.67 9.52 8.49 7.93
Bob Groves 1.63 Michael Cole 1.54 M55 Collin Green 1.45 Fred Turner 1.45 John Howe 1.39	Gwen Cunningham Brenda Evans W50Marlene Simmonds Pat Oakes Joyce Rammell W55Jackie Charles	9.78 8.67 9.52 8.49 7.93 8.31
Bob Groves 1.63 Michael Cole 1.54 M55 Collin Green 1.45 Fred Turner 1.45 John Howe 1.39 M60 Anthony Crocker 1.52	Gwen Cunningham Brenda Evans W50Marlene Simmonds Pat Oakes Joyce Rammell W55Jackie Charles W60Carina Graham	9.78 8.67 9.52 8.49 7.93 8.31 7.91
Bob Groves 1.63 Michael Cole 1.54 M55 Collin Green 1.45 Fred Turner 1.45 John Howe 1.39	Gwen Cunningham Brenda Evans W50Marlene Simmonds Pat Oakes Joyce Rammell W55Jackie Charles W60Carina Graham Betty Steedman	9.78 8.67 9.52 8.49 7.93 8.31 7.91 7.50
Bob Groves 1.63 Michael Cole 1.54 M55 Collin Green 1.45 Fred Turner 1.45 John Howe 1.39 M60 Anthony Crocker 1.52 Colin Shatto 1.49 Trevor Driver 1.34 M65 Clifford Taylor 1.25	Gwen Cunningham Brenda Evans W50Marlene Simmonds Pat Oakes Joyce Rammell W55Jackie Charles W60Carina Graham	9.78 8.67 9.52 8.49 7.93 8.31 7.91
Bob Groves 1.63	Gwen Cunningham Brenda Evans W50Marlene Simmonds Pat Oakes Joyce Rammell W55Jackie Charles W60Carina Graham Betty Steedman Mary Holmes W75Mary Wixey Shot Put	9.78 8.67 9.52 8.49 7.93 8.31 7.91 7.50 6.87 5.33
Bob Groves 1.63	Gwen Cunningham Brenda Evans W50Marlene Simmonds Pat Oakes Joyce Rammell W55Jackie Charles W60Carina Graham Betty Steedman Mary Holmes W75Mary Wixey Shot Put M40 Ian Lindley	9.78 8.67 9.52 8.49 7.93 8.31 7.91 7.50 6.87 5.33
Bob Groves 1.63	Gwen Cunningham Brenda Evans W50Marlene Simmonds Pat Oakes Joyce Rammell W55Jackie Charles W60Carina Graham Betty Steedman Mary Holmes W75Mary Wixey Shot Put M40 Ian Lindley David Abernethy	9.78 8.67 9.52 8.49 7.93 8.31 7.91 7.50 6.87 5.33
Bob Groves 1.63	Gwen Cunningham Brenda Evans W50Marlene Simmonds Pat Oakes Joyce Rammell W55Jackie Charles W60Carina Graham Betty Steedman Mary Holmes W75Mary Wixey Shot Put M40 Ian Lindley David Abernethy Stephen Archer	9.78 8.67 9.52 8.49 7.93 8.31 7.91 7.50 6.87 5.33
Bob Groves 1.63	Gwen Cunningham Brenda Evans W50Marlene Simmonds Pat Oakes Joyce Rammell W55Jackie Charles W60Carina Graham Betty Steedman Mary Holmes W75Mary Wixey Shot Put M40 Ian Lindley David Abernethy	9.78 8.67 9.52 8.49 7.93 8.31 7.91 7.50 6.87 5.33 14.36 12.96 12.40
Bob Groves Michael Cole 1.54 M55 Collin Green 1.45 Fred Turner John Howe 1.39 M60 Anthony Crocker Colin Shafto 1.49 Trevor Driver 1.34 M65 Clifford Taylor Norman Carter W35Jenny Brown 1.67 Jackie Glichrist Hazel Barker W40Valerie Rutter Carole Filer Gwen Cunningham 1.34	Gwen Cunningham Brenda Evans W50Marlene Simmonds Pat Oakes Joyce Rammell W55Jackie Charles W60Carina Graham Betty Steedman Mary Holmes W75Mary Wlxey Shot Put M40 Ian Lindley David Abernethy Stephen Archer M45 Neil Griffin Merrik Bousfield James Edwards	9.78 8.67 9.52 8.49 7.93 8.31 7.91 7.50 6.87 5.33 14.36 12.96 12.40 13.90 12.33 12.25
Bob Groves 1.63 Michael Cole 1.54 M55 Collin Green 1.45 Fred Turner 1.45 John Howe 1.39 M60 Anthony Crocker 1.52 Colin Shafto 1.49 Trevor Driver 1.34 M65 Clitford Taylor 1.25 Norman Carter 1.19 W35Jenny Brown 1.67 Jackie Glichrist 1.52 Hazel Barker 1.49 W40 Valerie Rutter 1.49 Carole Filer 1.46 Gwen Cunningham 1.34 W45Pam Garvey 1.40	Gwen Cunningham Brenda Evans W50Marlene Simmonds Pat Oakes Joyce Rammell W55Jackie Charles W60Carina Graham Betty Steedman Mary Holmes W75Mary Wixey Shot Put M40 Ian Lindley David Abernethy Stephen Archer M45 Neil Griffin Merrik Bousfleld James Edwards M50 David Myerscough	9.78 8.67 9.52 8.49 7.93 8.31 7.50 6.87 5.33 14.36 12.96 12.40 13.90 12.33 12.25 14.13
Bob Groves 1.63 Michael Cole 1.54 M55 Collin Green 1.45 Fred Turner 1.45 John Howe 1.39 M60 Anthony Crocker 1.52 Colin Shafto 1.49 Trevor Driver 1.34 M65 Clifford Taylor 1.25 Norman Carter 1.19 W35Jenny Brown 1.67 Jackie Glichrist 1.52 Hazel Barker 1.49 W40 Valerie Rutter 1.49 Carole Filer 1.46 Gwen Cunningham 1.34 W45Pam Garvey 1.40 W50Pat Oakes 1.23	Gwen Cunningham Brenda Evans W50Marlene Simmonds Pat Oakes Joyce Rammell W55Jackie Charles W60Carina Graham Betty Steedman Mary Holmes W75Mary Wixey Shot Put M40 Ian Lindley David Abernethy Stephen Archer M45 Neil Griffin Merrik Bousfield James Edwards M50 David Myerscough Paul Greenall	9.78 8.67 9.52 8.49 7.93 8.31 7.91 7.50 6.87 5.33 14.36 12.96 12.40 13.90 12.33 14.13 12.73
Bob Groves 1.63 Michael Cole 1.54 M55 Collin Green 1.45 Fred Turner 1.45 John Howe 1.39 M60 Anthony Crocker 1.52 Colin Shafto 1.49 Trevor Driver 1.34 M65 Clitford Taylor 1.25 Norman Carter 1.19 W35Jenny Brown 1.67 Jackie Glichrist 1.52 Hazel Barker 1.49 W40 Valerie Rutter 1.49 Carole Filer 1.46 Gwen Cunningham 1.34 W45Pam Garvey 1.40	Gwen Cunningham Brenda Evans W50Marlene Simmonds Pat Oakes Joyce Rammell W55Jackie Charles W60Carina Graham Betty Steedman Mary Holmes W75Mary Wixey Shot Put M40 Ian Lindley David Abernethy Stephen Archer M45 Neil Griffin Merrik Bousfleld James Edwards M50 David Myerscough Paul Greenall Michael Hazlewood	9.78 8.67 9.52 8.49 7.93 8.31 7.91 7.50 6.87 5.33 14.36 12.96 12.40 13.90 12.23 12.23 14.13 12.73 11.10
Bob Groves 1.63 Michael Cole 1.54 M55 Collin Green 1.45 Fred Turner 1.45 John Howe 1.39 M60 Anthony Crocker 1.52 Colin Shafto 1.49 Trevor Driver 1.34 M65 Clifford Taylor 1.25 Norman Carter 1.19 W35Jenny Brown 1.67 Jackie Glichrist 1.52 Hazel Barker 1.49 W40Valerie Rutter 1.49 Carole Filer 1.46 Gwen Cunningham 1.34 W45Pam Garvey 1.40 W50Pat Oakes 1.23 Janice Hindle 1.14 Maureen Jones 1.11 W55Jackie Charles 1.14	Gwen Cunningham Brenda Evans W50Marlene Simmonds Pat Oakes Joyce Rammell W55Jackie Charles W60Carina Graham Betty Steedman Mary Holmes W75Mary Wixey Shot Put M40 Ian Lindley David Abernethy Stephen Archer M45 Neil Griffin Merrik Bousfield James Edwards M50 David Myerscough Paul Greenall	9.78 8.67 9.52 8.49 7.93 8.31 7.91 7.50 6.87 5.33 14.36 12.96 12.40 13.90 12.33 14.13 12.73
Bob Groves Michael Cole M55 Collin Green 1.45 Fred Turner John Howe 1.39 M60 Anthony Crocker Colin Shafto Trevor Driver 1.34 M65 Clifford Taylor Norman Carter 1.19 W35Jenny Brown Jackie Glichrist Hazel Barker W40Valerie Rutter 1.49 Carole Filer Gwen Cunningham W45Pam Garvey W50Pat Oakes Janice Hindle Maureen Jones 1.14 Iris Holder 1.54 Inis Holder 1.68	Gwen Cunningham Brenda Evans W50Marlene Simmonds Pat Oakes Joyce Rammell W55Jackie Charles W60Carina Graham Betty Steedman Mary Holmes W75Mary Wlxey Shot Put M40 Ian Lindley David Abernethy Stephen Archer M45 Neil Griffin Merrik Bousfield James Edwards M50 David Myerscough Paul Greenall Michael Hazlewood M55 John Scott John Walters William Gentleman	9.78 8.67 9.52 8.49 7.93 8.31 7.91 7.50 6.87 5.33 14.36 12.96 12.40 13.90 12.33 12.73 11.10 13.35 11.46 10.15
Bob Groves 1.63	Gwen Cunningham Brenda Evans W50Marlene Simmonds Pat Oakes Joyce Rammell W55Jackie Charles W60Carina Graham Betty Steedman Mary Holmes W75Mary Wlxey Shot Put M40 Ian Lindley David Abernethy Stephen Archer M45 Neil Griffin Merrik Bousfield James Edwards M50 David Myerscough Paul Greenall Michael Hazlewood M55 John Scott John Walters William Gentleman M60 Michael McGarry	9.78 8.67 9.52 8.49 7.93 8.31 7.91 7.50 6.87 5.33 14.36 12.40 13.90 12.23 12.23 11.10 13.35 11.45 10.15
Bob Groves 1.63	Gwen Cunningham Brenda Evans W50Marlene Simmonds Pat Oakes Joyce Rammell W55Jackie Charles W60Carina Graham Betty Steedman Mary Holmes W75Mary Wixey Shot Put M40 Ian Lindley David Abernethy Stephen Archer M45 Neil Griffin Merrik Bousfleld James Edwards M50 David Myerscough Paul Greenall Michael Hazlewood M55 John Scott John Walters William Gentleman M60 Michael McGarry Barrie Strange	9.78 8.67 9.52 8.49 7.93 8.31 7.91 7.50 6.87 5.33 14.36 12.96 12.94 12.93 12.25 14.13 12.73 11.10 13.35 11.46 10.15
Bob Groves 1.63	Gwen Cunningham Brenda Evans W50Marlene Simmonds Pat Oakes Joyce Rammell W55Jackie Charles W60Carina Graham Betty Steedman Mary Holmes W75Mary Wixey Shot Put M40 Ian Lindley David Abernethy Stephen Archer M45 Neil Griffin Merrik Bousfield James Edwards M50 David Myerscough Paul Greenall Michael Hazlewood M55 John Scott John Walters William Gentleman M60 Michael McGarry Barrie Strange Colin Brand	9.78 8.67 9.52 8.49 7.93 8.31 7.91 7.50 6.87 5.33 14.36 12.96 12.40 12.33 12.25 14.13 12.73 11.10 13.35 11.46 10.15 11.01 10.65
Bob Groves	Gwen Cunningham Brenda Evans W50Marlene Simmonds Pat Oakes Joyce Rammell W55Jackie Charles W60Carina Graham Betty Steedman Mary Holmes W75Mary Wlxey Shot Put M40 Ian Lindley David Abernethy Stephen Archer M45 Neil Griffin Merrik Bousfield James Edwards M50 David Myerscough Paul Greenall Michael Hazlewood M55 John Scott John Walters William Gentleman M60 Michael McGarry Barrie Strange Colln Brand M65 John Watson	9.78 8.67 9.52 8.49 7.93 8.31 7.91 7.50 6.87 5.33 14.36 12.96 12.94 12.93 12.25 14.13 12.73 11.10 13.35 11.46 10.15
Bob Groves 1.63	Gwen Cunningham Brenda Evans W50Marlene Simmonds Pat Oakes Joyce Rammell W55Jackie Charles W60Carina Graham Betty Steedman Mary Holmes W75Mary Wixey Shot Put M40 Ian Lindley David Abernethy Stephen Archer M45 Neil Griffin Merrik Bousfleld James Edwards M50 David Myerscough Paul Greenall Michael Hazlewood M55 John Scott John Walters William Gentleman M60 Michael McGarry Barrie Strange Colin Brand M65 John Watson Cliftord Taylor William Mann	9.78 8.67 9.52 8.49 7.93 8.31 7.91 7.50 6.87 5.33 14.36 12.40 12.33 12.25 14.13 12.73 11.10 13.35 11.46 10.15 11.08 11.01 10.65 10.39 9.85 9.32
Bob Groves 1.63	Gwen Cunningham Brenda Evans W50Marlene Simmonds Pat Oakes Joyce Rammell W55Jackie Charles W60Carina Graham Betty Steedman Mary Holmes W75Mary Wixey Shot Put M40 Ian Lindley David Abernethy Stephen Archer M45 Neil Griffin Merrik Bousfleld James Edwards M50 David Myerscough Paul Greenall Michael Hazlewood M55 John Scott John Walters William Gentleman M60 Michael McGarry Barrie Strange Colln Brand M65 John Watson Cliftord Taylor William Mann M70 Edwin Cheetham	9.78 8.67 9.52 8.49 7.93 8.31 7.91 7.50 6.87 5.33 14.36 12.96 12.96 13.90 12.25 14.13 12.73 11.10 13.35 11.46 10.15 11.01 10.65 10.30 9.85 8.62
Bob Groves 1.63	Gwen Cunningham Brenda Evans W50Marlene Simmonds Pat Oakes Joyce Rammell W55Jackie Charles W60Carina Graham Betty Steedman Mary Holmes W75Mary Wixey Shot Put M40 Ian Lindley David Abernethy Stephen Archer M45 Neil Griffin Merrik Bousfield James Edwards M50 David Myerscough Paul Greenall Michael Hazlewood M55 John Scott John Walters William Gentleman M60 Michael McGarry Barrie Strange Colin Brand M65 John Watson Cittord Taylor William Mann M70 Edwin Cheetham M75 John Dooley	9.78 8.67 9.52 8.49 7.93 7.91 7.50 6.87 5.33 14.36 12.96 12.49 13.90 12.33 12.25 14.13 12.73 11.10 13.35 11.46 10.15 11.01 10.65 10.30 9.85 9.32 6.96
Bob Groves 1.63	Gwen Cunningham Brenda Evans W50Marlene Simmonds Pat Oakes Joyce Rammell W55Jackie Charles W60Carina Graham Betty Steedman Mary Holmes W75Mary Wixey Shot Put M40 Ian Lindley David Abernethy Stephen Archer M45 Neil Griffin Merrik Bousfield James Edwards M50 David Myerscough Paul Greenall Michael Hazlewood M55 John Scott John Walters William Gentleman M60 Michael McGarry Barrie Strange Colln Brand M65 John Watson Clifford Taylor William Mann M70 Edwin Cheetham M75 John Dooley M80 Bernard Metcalfe	9.78 8.67 9.52 8.49 7.93 7.91 7.50 6.87 5.33 14.36 12.96 12.40 13.90 12.33 12.25 14.13 11.10 11.08 11.10 11.08 11.08 11.06 10.15 11.08 11.06 10.30 9.85 9.32 8.69 6.7.13
Bob Groves 1.63	Gwen Cunningham Brenda Evans W50Marlene Simmonds Pat Oakes Joyce Rammell W55Jackie Charles W60Carina Graham Betty Steedman Mary Holmes W75Mary Wixey Shot Put M40 Ian Lindley David Abernethy Stephen Archer M45 Neil Griffin Merrik Bousfield James Edwards M50 David Myerscough Paul Greenall Michael Hazlewood M55 John Scott John Walters William Gentleman M60 Michael McGarry Barrie Strange Colin Brand M65 John Watson Cittord Taylor William Mann M70 Edwin Cheetham M75 John Dooley	9.78 8.67 9.52 8.49 7.93 7.91 7.50 6.87 5.33 14.36 12.96 12.49 13.90 12.33 12.25 14.13 12.73 11.10 13.35 11.46 10.15 11.01 10.65 10.30 9.85 9.32 6.96
Bob Groves 1.63	Gwen Cunningham Brenda Evans W50Marlene Simmonds Pat Oakes Joyce Rammell W55Jackie Charles W60Carina Graham Betty Steedman Mary Holmes W75Mary Wixey Shot Put M40 Ian Lindley David Abernethy Stephen Archer M45 Neil Griffin Merrik Bousfleld James Edwards M50 David Myerscough Paul Greenall Michael Hazlewood M55 John Scott John Walters William Gentleman M60 Michael McGarry Barrie Strange Colln Brand M65 John Watson Cliftord Taylor William Mann M70 Edwin Cheetham M75 John Dooley M80 Bernard Metcalle W35Wendy Dunsford Claire Cameron Jenny Brown	9.78 8.67 9.52 8.49 7.93 8.31 7.91 7.50 6.87 5.33 14.36 12.96 12.96 12.96 12.33 12.25 14.13 12.73 11.10 13.35 11.46 10.15 11.01 10.65 10.30 9.85 9.82 6.96 7.13 11.37 11.17
Bob Groves 1.63	Gwen Cunningham Brenda Evans W50Marlene Simmonds Pat Oakes Joyce Rammell W55Jackie Charles W60Carina Graham Betty Steedman Mary Holmes W75Mary Wixey Shot Put M40 Ian Lindley David Abernethy Stephen Archer M45 Neil Griffin Merrik Bousfield James Edwards M50 David Myerscough Paul Greenall Michael Hazlewood M55 John Scott John Walters William Gentleman M60 Michael McGarry Barrie Strange Colin Brand M65 John Watson Cirtford Taylor William Mann M70 Edwin Cheetham M75 John Dooley M80 Bernard Metcalle W35Wendy Dunsford Claire Cameron Jenny Brown W40Jennifer Cunnane	9.78 8.67 9.52 8.49 7.93 7.93 7.91 7.50 6.87 5.33 14.36 12.96 12.49 12.39 12.25 14.13 12.73 11.10 13.35 11.46 10.15 11.01 10.65 10.30 9.85 9.32 6.96 7.13 11.35 11.35 11.35 11.64 9.63
Bob Groves	Gwen Cunningham Brenda Evans W50Marlene Simmonds Pat Oakes Joyce Rammell W55Jackie Charles W60Carina Graham Betty Steedman Mary Holmes W75Mary Wixey Shot Put M40 Ian Lindley David Abernethy Stephen Archer M45 Neil Griffin Merrik Bousfield James Edwards M50 David Myerscough Paul Greenall Michael Hazlewood M55 John Scott John Walters William Gentleman M60 Michael McGarry Barrie Strange Colln Brand M65 John Watson Cliftord Taylor William Mann M70 Edwin Cheetham M75 John Dooley M80 Bernard Metcalle W35Wendy Dunsford Claire Cameron Jenny Brown W40Jennifer Cunnane Susan Hall	9.78 8.67 9.52 8.49 7.93 7.91 7.50 6.87 5.33 14.36 12.96 12.40 13.90 12.33 12.25 14.13 11.08 11.01 11.08 11.01 10.15 11.08 11.01 10.65 10.30 9.85 9.32 8.69 6.7.13 11.35 11.17 10.64 9.63 8.88
Bob Groves 1.63	Gwen Cunningham Brenda Evans W50Marlene Simmonds Pat Oakes Joyce Rammell W55Jackie Charles W60Carina Graham Betty Steedman Mary Holmes W75Mary Wixey Shot Put M40 Ian Lindley David Abernethy Stephen Archer M45 Neil Griffin Merrik Bousfleld James Edwards M50 David Myerscough Paul Greenall Michael Hazlewood M55 John Scott John Walters William Gentleman M60 Michael McGarry Barrie Strange Colin Brand M65 John Watson Clifford Taylor William Mann M70 Edwin Cheetham M75 John Dooley M80 Bernard Metcalle W35Wendy Dunstord Claire Cameron Jenny Brown W40Jennlfer Cunnane Susan Hall Gwen McFarlane	9.78 8.67 9.52 8.49 7.93 8.31 7.91 7.50 6.87 5.33 14.36 12.40 13.90 12.33 12.25 14.10 13.35 11.10 13.35 11.10 10.65 10.05 9.32 8.62 6.96 7.13 11.17 10.64 9.63 8.88 8.31
Bob Groves 1.63	Gwen Cunningham Brenda Evans W50Marlene Simmonds Pat Oakes Joyce Rammell W55Jackie Charles W60Carina Graham Betty Steedman Mary Holmes W75Mary Wixey Shot Put M40 Ian Lindley David Abernethy Stephen Archer M45 Neil Griffin Merrik Bousfield James Edwards M50 David Myerscough Paul Greenall Michael Hazlewood M55 John Scott John Walters William Gentleman M60 Michael McGarry Barrie Strange Colln Brand M65 John Watson Cliftord Taylor William Mann M70 Edwin Cheetham M75 John Dooley M80 Bernard Metcalle W35Wendy Dunsford Claire Cameron Jenny Brown W40Jennifer Cunnane Susan Hall	9.78 8.67 9.52 8.49 7.93 7.91 7.50 6.87 5.33 14.36 12.96 12.40 13.90 12.33 12.25 14.13 11.10 11.08 11.10 11.08 11.01 11.08 11.01 10.65 10.30 9.85 9.32 8.69 6.7.13 11.35 11.17 10.64 9.63 8.88
Bob Groves 1.63	Gwen Cunningham Brenda Evans W50Marlene Simmonds Pat Oakes Joyce Rammell W55Jackie Charles W60Carina Graham Betty Steedman Mary Holmes W75Mary Wixey Shot Put M40 Ian Lindley David Abernethy Stephen Archer M45 Neil Griffin Merrik Bousfleld James Edwards M50 David Myerscough Paul Greenall Michael Hazlewood M55 John Scott John Walters William Gentleman M60 Michael McGarry Barrie Strange Colln Brand M65 John Watson Clifford Taylor William Mann M70 Edwin Cheetham M75 John Dooley M80 Bernard Metcalle W35Wendy Dunsford Claire Cameron Jenny Brown W40Jennifer Cunnane Susan Hall Gwen McFarlane W45Caroline Marler	9.78 8.67 9.52 8.49 7.93 8.31 7.91 7.50 6.87 5.33 14.36 12.96 12.96 12.93 12.25 14.13 12.73 11.10 13.35 11.46 10.15 10.65 10.30 9.83 8.62 6.96 7.13 11.37 10.64 9.63 8.83 8.81 8.81
Bob Groves 1.63	Gwen Cunningham Brenda Evans W50Marlene Simmonds Pat Oakes Joyce Rammell W55Jackie Charles W60Carina Graham Betty Steedman Mary Holmes W75Mary Wixey Shot Put M40 Ian Lindley David Abernethy Stephen Archer M45 Neil Griffin Merrik Bousfleld James Edwards M50 David Myerscough Paul Greenall Michael Hazlewood M55 John Scott John Walters William Gentleman M60 Michael McGarry Barrie Strange Colln Brand M65 John Watson Cliftord Taylor William Mann M70 Edwin Cheetham M75 John Dooley M80 Bernard Metcalle W35Wendy Dunsford Claire Cameron Jenny Brown W40Jennifer Cunnane Susan Hall Gwen McFarlane W45 Carollne Marler Vivienne Kirkland	9.78 8.67 9.52 8.49 7.93 8.31 7.91 7.50 6.87 5.33 14.36 12.96 12.96 12.93 12.25 14.13 12.73 11.10 13.35 11.46 10.15 10.65 10.30 9.85 9.85 9.85 9.85 11.17 10.64 9.63 8.88 8.81 8.87 6.74

National Masters News			
W50 Valerie Parsons	8.20	W45Theresa Stonema	n 25.74
Joyce Rammell	8.00	Janette Turner	15.36
Elaine Mee	7.83	W50Carol Rafferty	27.44
W55Evaun Williams Jenny Evans	11.86 7.34	Margaret Woodge Pat Oakes	19.98
Jackie Charles	7.15	W55Evaun Williams	32.76
	11.30	W60Carina Graham	28 42
Anne Martin	8.14	Mary Holmes	21.68
Mary Holmes	6.37	W75Mary Wixey	13.66
W65Marie Grant-Stevens	6.46	3000m Racewalk	
M40 David Abernethy	42.10		14-58.13
Michael Small	36.68		13-10.09
Michael Carr	27.40		15-58.10
M45 Neil Griffin	41.10		15-50.89
William Renshaw Anthony Richards	36.62 33.10		16-21.77
	42.62	Carlo	16-28.27
	41.66		16-27.7 18-04.2
	38.20		18-07.3
	37.32		18-14.0
Jack Kee Pat Conboy	36.12 34.46		18-23.7
M60 Michael McGarry	36.82		18-14.0 18-30.2
Colin Brand	34.18	111100110110000	15-50.0
Victor Naismith	34.14	Elaine Worth	17-43.5
M65 Denis Field John Watson	35.46 34.88		15-50.0
Jaroslav Hanus	34.22		16-22.9
M70 Edwin Cheetham	22.16	W45Ann Lewis Sheila Bull	19-14.8
M75 Les Williams	18.68	W50Sally Haynes	20-39.0
John Dooley	17.44	W60Pam Horwill	18-52.7
M80 Bernard Metcalfe W35 Claire Cameron	18.14 40.06	Gloria Burns	21-40.6
Karen Sharp	32.58	W65Anne v Bismarck	20-53.8
Wendy Dunsford	30.06	5000m Racewalk	
W40Jennifer Cunnane	31.38		26-17.3
Gwen McFarlane Brenda Evans	27.92 25.68		33-37.7 22-39.0
W50Marlene Simmonds			27-09.5
Joyce Rammell	27.02		27-13.8
RosemaryChampior		On thin to be a fine	27-48.5
W55Evaun Williams	27.58	The state of the s	28-29.7
W60Rosemary Chrimes Anne Martin	19.32	M65 D Fotheringham Patrick Burns	27-30.98 30-42.82
W65MarieGrant-Stevens		Denis Withers	30-50.06
W75Mary Wixey	11.42	M70 Karl Abolins	30-52.25
Hammer		M75 Charles Colman	30-59.72 31-32.60
M40 Malcolm Fenton Michael Small	57.12 43.90	W35Karen Ratcliffe	26-52.07
Stephen Thomas	42.02	Elaine Worth	30-05.17
	45.12	W40Cath Reader	27-52 90
Brian Lockley Merrik Bousfield	44.86	W45Ann Lewis Sheila Bull	26-55.75 32-12.64
M50 Christopher Melluish		W50Carole Brown	31-53.05
Kenneth Prior	45.66	Sally Haynes	35-00.89
Richard Warren M55 William Gentleman	39.26	W55Jenny Evans W60Pam Horwill	34-23.49 31-56.60
Jack Kee	47.16	Gloria Burns	35-27.98
Pat Conboy	42.02	W65Anne v Bismarck	35-37.99
M60 David Bayes	37.16		
Tom McNab	36.82	A ASSESSMENT OF THE PARTY OF TH	A STREET, SQUARE,
Michael McGarry M65 Philip McEvoy	36.60	Dutch National Cham	pionships
John Walson	35.50	July 6	19 3 34
Jaroslav Hanus	29.94	100m	Fight At
M70 Edwin Cheetham	26.26	M40 Felix Sedny	12.23
M80 Bernard Metcalle W35Jenny Earle	16.36 37.48	M45 Kees Bakx M50 Hans Schouten	11.98 12.65
Claire Cameron	34.98	M55 Gerard Sengers	12.57
Wendy Dunsford	3" 12	M60 Pieter Schouten	14.17
W40Jennifer Cunnane	4 .16	W35 Ria Mistry	13.98
Beatrice Simpson	33.70 25.76	W40 Tilly Verhoef	12.76
Kim Weaving W50Lesley Shrosbree	37.02	W45 Rini Hagenaars W50 Marja Broers	13.23 15.37
Maureen Jones	27.78	200m	13.37
Joyce Rammell	27.22	M40 Rob Klarenbeek	24.96
W55Evaun Williams	38.98	M55 Gerard Sengers	25.99
Linda Fogg W60Anne Martin	29.54 23.18	M60 Geert Dijk W35 Agnes Popkema	27.78
Javelin	23.10	W40 Tilly Verhoef	28.23 25.47
M40 David Abernethy	54.64	W45 Rini Hagenaars	27.52
Garth Holder	44.40	W50 Marja Broers	30.70
Roger Wharton M45 Robert Richards	31.16 47.12	400m	
Philip Bramford	44.60	M40 Ruud Wieles M45 Wim Threels	53.59
Christopher Arnold	42.84	M50 Wim Schreuder	53.35 57.84
M50 Mike Turner	46.36	M55 Robert Kila	61.28
Michael Hazlewood Peter Cramp	43.36	M65 Boy Heemstede	67.98
M55 George Eccles	41.30	W40 Tilly Verhoef	58.84
Tony Mackay	36.32	W45 Lena Jansen 800 m	65.05
William Hudson M60 Gerald Ratcliffe	36.10	M40 Henk Eck	1:59.30
Joseph Phillips	45.46	M45 Theo Linssen	2:02 12

M65 Denis Field Hector Mein Clifford Taylor M75 John Dooley

Alan Lovett W35Manndy Laing Danea Herron Hazel Barker W40Jennifer Cunnane Carole Morris Brenda Evans

Joseph Phillips Colin Brand

45.46 44.70

38.98 36.30 27.74

27.10 20.84

19.30 33.40 30.78 23.24 27.94

27.30

W65Anne v Bismarck	35-37.95
Dutch National Champ July 6	pionship
July 6	
100m	
M40 Felix Sedny	12.23
M45 Kees Bakx	11.98
M50 Hans Schouten	12.65
M55 Gerard Sengers	12.57
M60 Pieter Schouten	14.17
W35 Ria Mistry	13.98
W40 Tilly Verhoef W45 Rini Hagenaars	12.76
W45 Rini Hagenaars	13.23
W50 Marja Broers	15.37
200m	
M40 Rob Klarenbeek	24.96
M55 Gerard Sengers	25.99
M60 Geert Dijk	27.78
W35 Agnes Popkema	28.23
W40 Tilly Verhoef	25.47
W45 Rini Hagenaars	27.52
W50 Marja Broers	30.70
400m	
M40 Ruud Wieles	53.59
M45 Wim Threels	53.35
M50 Wim Schreuder	57.84
M55 Robert Kila	61.28
M65 Boy Heemstede	67.98
W40 Tilly Verhoef	58.84
W45 Lena Jansen 800 m	65.05
M40 Henk Eck	4.50.00
M45 Theo Linssen	1:59.30 2:02.12
M50 Ronals Mercelina	2:12.85
M55 Boy Heemstede	3:02.21
W35 Anja Matakena	2:24.27
W40 Dineke Kok	2:39.88
W45 Greetje Smit	2:45.49
W50 Corry Keysers	2:37.01
1500m	
M40Ruud Vd Laan	4:11.32
M45 Theo Linssen	4:18.84
M50 Nico Brakanhoff	4:46.89
M55 Ad Heildens	4:33.87
W45 Leny Vd Plas	5:02.58

5000m	25-14
M40 CeesKraayeveld 15	5:09.07
M45 Ton V. Doom 16	6:05.85
MED Dion Colo 17	7:40.89
	3:57.37
M60 SiemHerlaar 18	3:21.61
W35 Geeske Jansen 17	7:47.02
W40 Mariane V. Velzen 1	9:24.74
W45 Tilly Vd. Laar 18	3:20.68
	3:34.72
W55 RiaDuivenvorde 2	1:15.55
Hurdles	
M40 Martin DePater	16.26
M45 Wim De Ronde	18.53
M50 Frank Larsen	16.26
M55 Peter Blommestyn	16.51
M60 KeesVan Giezen	18.64
M65 Frans Buys	14.85
W45 Rini Hagenaars	12.34
W50 Laura Blommestijn	14.83
Long Hurdles	SHEN THE
M40 Martin DePater	56.97
M45 Cee Berg	66.86
M50 Frank Larsen	66.70
M60 Kees V. Giezen	52.02
W50 Leny Herstel	67.32
Steeplechase	19570 30
	0:46.20
	0:19.23
High Jump	
M40 Wim Roosen	1.80
M45 Jan Huybers	1.85
M50 Ed Molenmaker	1.67
M55 Rob Bleijert	1.55
M60 Jan Kempe	1.30
M65 Arend Koet	1.30
W35 Sian Roest	1.54
W40 Janine Kortbeek	1.51
W50 Laura Blommesty	n 1.35
Pole Vault	The same
M40 Frans Vd. Ham	4.00
M50 Kees V. Giezen	
Long Jump	2.00
M40 Wout V. Drunen	5.90
M45 Marc V. Vliet	5.70
M50 Cor Kanbier	5.47
M55 Gerard Sengers	4.73
M60 Kees v. Giezen	4.48
W35 Evie Roelands	5.02
W45 Rini Hagenaars	4.85
W50 Laura Blommestij	
Triple Jump	4.00
M40 Wout V. Drunen	12.09
may from v. Didneii	12.03
LONG DI	STAN
LONG DI	STAN

M45 Glenn Gentle	12.43
M50 Frank Larsen	10.87
M80 Theo Hoekstra	5.34
W35 Evie Roelands	10.98
W40 Janine Kortbeek	9.28
W50 Laura Blommestyn	8.78
Shot Put	
M40 Joop Vd. Laar	13.88
M45 Hennie V. Wijk	12.60
M50 Jacq Janssen	12.93
M55 Frits Martens	12.03
M60 Wirn Fokker	12.83
M65 Jan Smit	10.26
W35 Hanny Ebbekink	10.14
W40 Tine Schenkels	12.43
W45 Mariet Thomas	10.54
W50 Annie V. Anholt	11.11
The second second second	
Discus	
M40 Nico V. Noort	43.96
M45 Hennie V. Wijk	36.08
M50 Kees Betlem	45.86
M55 Jan Pronk	40.60
M60 Wim Fokker	41.10
M65 Jan Smit	38.66
W35 Hanny Ebbekink	38.28
W40 Anneke DePater	37.82
W45 Rina Ter Braak	27.24
W50 Annie V. Anholt	38.46
Hammer	
M40 Peter V. Noort	60.24
M45 Martin Regton	45.08
M50 Frits V. Buuren	43.94
M60 Jeltje Doornbosch	31.08
M65 Jan Smit	33.34
W40 Tineke Vd. Berg	26.50
W50 Anne Van Anholt	29.24
Javelin	NOT THE
M40 Dirk Kooreman	63.36
M45 Glenn Gentle	48.34
	45.74
M50 Jan V. Empel	
M55 A L Vd. Zalm	24.78
M60 Wim Fokker	43.24
M65 Jan Smit	23.52
M80 Theo Hoekstra	15.46
W35 Marriet Voskamp	37.64
W40 Henny V. Kruchten	32.86
W45 Rina Ter Braak	28.64
5000m Racewalk	
M40 Henk Plasman 22	:41.41
MAST IIIIP THE	20.15
M50 Ad V. Ooyen 29	:55.13
M60 Nico Schroten 27	:10.66
OF DECUIT	
ICE RESULTS	

Please send results to: National Masters News, P.O. Box 50098, Eugene, OR 97405. To keep information current, we generally do not publish results more than 3 months old. Results that are typed (maximum 28 spaces / 2'/4" wide) in our format receive preference. Deadline is the 10th of the month prior to issue date.

	E,A	31	
Clarion	River	Half-Marathon	

Cook Forest St. Park, PA	; April
Overall	
Jeff Foster 40	61:37
Mariann Foster 27	83:13
M40 J Foster	61:37
Malcolm East 2nd	72:49
Carl Bialo 3rd	73:13
S M Courtney 5th	74:52
M45 Jim Neigh	84:43
David Haring	85:57
Tim Toale	85:58
M50 Dick Amato 58	84:38
Barry Firestone 50	85:15
M60+Carl Trimber 63	93:39
W40 Cindy Grimm 45	90:24
Terry Maher 42	97:46
	:44:31
W60+Margretta Lutz 681	:55:03

Trevira Twosome 2-Mile Run and 10K Central Park, NYC: A

Central Park, NTC; Ap	rii 26
2-Mile	
Combined Age 80-89	
Chris Day/Maureen Barry	24:10
Robert Kahn/Elen Kvinta	24:20
Combined Age 100-119	
Witold Bialokur/Nora	16
Serna	23:55
Jim Aneshansley/Regina	The part
Cahill	24:23
Combined Age 120-139	Property.
John Mc Manus/Ann	1
Makoske	28:04
Albert Puma/Margaret	-5.04
Scaglione	34:01

Combined Age 140+	
Tim Dyas/Toshiko D'Elia	31:59
Albert Goldstein/Muriel	
Merl	34:49
10K	
Combined Age 80-99	
William Bainlardi/Kari	
Profitt	1:14:33
Terry Horton/Lorna	
Metzger	1:16:58
Combined Age 100-119	
Herbert Navarro/Linda	
Sutherland	1:21:01
Carl Fiorillo/Angela	
Conte .	1:29:28
Combined Age 120-139	
Philmore Brewer/Bertha	
Bellinghausen	1:29:06
John Dugdale/Wen-Shi	
Yu	1:30:47
Combined Age 140+	
Vincent Carnevale/	
Daisy Klein	2:12:51
Duisy ruent	2.12.31

Pike's Peek 10K Rockville, MD; April 27

Overall	
Tom Schuler 33	30:22
Bea Marie Altieri 30	35:36
M40 John Doub	31:51
Peter Kirk	32:24
Jim Whitnah	32:47
M45 Steve Ruckert	33:33
Ken Umbarger	35:40
Ridge Kelley	35:52
M50 Leo Villano	37:45
Ed Doheny	37:56
M55 Warren Prunella	39:38
Continued on n	ext page

M50 James Bates Franklin Willis

Continued on next page

August 1997		National M	asters News		page 33
Continued from previous page	M55 Steve Forman 20:14	Paul Jacobson 33 15:59	W50 Sue Ellen Trapp 43:58	M55 John Boyle 65:48	Dixie Douglas 47:29
Art Morey 40:30	Chan Robbins 20:57	Steve Morrell 33 16:03	W55 CarolMeadowcraft 49:42	Pat Zier 74:44	W55 Mary Connolly 51:51 W60 Mari Huston 70:43
M60 Norm Miller 41:27 M65 Larry Dickerson 40:56	M60 Erwin Krasnow 34:18 M65 Joseph Deak 28:01	Joseph Daniels 30 16:04 Brian Grzelak 16:14	W60 Etisuko Teshima 54:17	Pete Kramer 77:51 M60 Chas Desrosier 83:24	W60 Marj Huston 70:43 W65 Pat Peder 57:21
M70 Walt Washburn 47:43	M70 Paul Lackey 24:17	M40 Bob Briggs 40 16:09	Overall	Gary Sydnor 92:19	SOUND TO SELECT A SECURE OF THE SECURE OF TH
M75+Frank Pierce 49:39	W35 Chris Newsham 20:26	Kevin Ellis 16:54 Richard Adams 16:56	Muchapiwa Mazano 15:36	M65 Jim Blount 76:45	MID-AMERICA
W40 Betty Blank 41:07 Marcia Allen 41:17	Beth McCann 20:26 Colette Powers 21:00	Kevin Ovenstrom 17:19	Kerry Arsenault 17:50 M40 Gary Algozzine 18:28	Epifanio Agosto 82:06 M70+Sam Maxwell 72 1:51:05	Grandma's Marathon
W45 Gwen Torchia 40:44	W40 Peggy Sturn 27:07	Jay Wind 47 17:28	M45 Dave Burke 19:09	W35 Barb Compton 76:58	Duluth, MN; June 21
Susan Humphries 40:48	Brandy Anderson 28:57	Jack Barrar 45 17:39 Larry Elis 43 17:53	M50 Rich Quevillon 18:58	Denise Dailey 82:02	Overall Patrick Muturi 24 2:15:44
W50 Nancy Pleasant 43:54 W55 Sharon Dolan 41:46	W45Christina Goldman 25:46 Margaret Doty 29:14	Gregory Price 40 17:53	M55 James Hicks 20:52 M60 Boris Freiss 20:46	Gale Casey 82:59 W40 Stephanie Griffith 76:08	Irene Borgacheva 36 2:38:44
W60 Charlotte Edwards 48:26	W50 MaryEllen Gonyea 23:58	Don Wilson 17:56 M50 Patrick Griffith 52 17:38	M65 Don Tinker 22:52	Shawn Snow 81:27	M40 Steven Ward 2:30:49
W65 Mary Merlene 63:10	Helen Freeman 25:27	Francisco Sanches 18:49	M70 Carl Hammen 24:24 M80 Ray Grills nta	Janice Cole 85:36	Allen Choma 2:33:08 Brent Smith 2:34:18
W70 Kay Morrison 57:45	W55 Marjorie Siegel 51:03 W60 Lillian Wolf 42:20	Michael Golash 54 18:52	M80 Ray Grills nta W40 Mary Quinn 20:11	W45 Paulette Gavan 79:26 Jean Harrison 90:42	Jess Koski 2:36:55
KeyBank Vermont City	W65 Jacky O'Neil 34:56	Charlie Ross 59 19:08 Bernie Gallagher 19:34	W45 Aurella Panica 25:44	Janet Szakovits 93:35	Jeff Foster 2:38:00 M45 Lev Khiterman 2:25:47
Marathon Burlington, VT; May 25	W70 Sister Maria 55:04	Bob Cahse 19:53	W50 Sue Ellen Trapp 22:21 W55 Carol Marcus 29:49	W50 Judy Cole 85:02 Sandee Rodolf 91:08	Rob Whetham 2:32:22
Overall	10K Overall	James Wolcott 19:57 M60 Larry Dickerson 65 20:17	W55 Carol Marcus 29:49 W60 Ann Morgan 30:12	M Thorhallsson 96:35	Doug Suker 2:48:53
Tim Schuler 33 2:18:58	Testaye Bekele 26 30:54	Patrick Shea 22:16	W65 Barbara Keddie 43:46	W55 Patt McEvers nta	Keith Kowalsky 2:50:56 Luke Brock 2:55:38
Mary Lynn Currier 33 2:42:20 M40 Brad Hawthorne 2:21:32	Megan Holden 27 37:47 M35 Jim Hage 32:19	Frank Gignac 22:28 Roger Coyle 22:54	W70 Muriel Carlyle 38:29 W80 Mary Haines 43:24	Peachtree Road Race 10K	M50 Robert Behrens 2:51:31
Dan Vogt 2:41:27	M35 Jim Hage 32:19 Andrew Smythe 36:04	George Peyton 23:15	from C Hammen	Atlanta, GA; July 4	Mike Muyres 2:58:35 Bud Mixon 3:05:09
Steve Bremner 2:42:02	David Keating 37:33	Donald McCarten 23:23	Patriot's Cup Corporate	Overall Joseph Kimani 24 27:43	Wayne Doehlman 3:05:50
Bob Lennox 2:42:30 Michael Brennan 2:48:26	M40 David Bollinger 35:56 Ed Ryan 37:20	M70 Dixon Hemphill 72 22:32 Bill Osburn 73 24:47	Challenge 8K	H Kimaiyo-Kipkoskei 28 31:21	Dean Bluhm 3:08:16 M55 Doug Saari 3:01:39
Gordon Horner 2:49:38	Tom Cloark 38:14	William McCulloch 31:45	George Mason U., VA; May 4	M40 Steve Plasencia 29:51	David Johnson 3:20:59
Kim Vluk 2:53:28 Ronald Johnston 2:53:50	M50 Alan Weiss 44:14	Norman Friedman 32:03	Overall Robert Lotwis 25 25:43	Martin Mondragon 30:19 Tom Stevens 31:23	Don Saari 3:21:45
Paul Ode 2:53:57	Luis Jones 44:30 M55 Cal Fowler 41:19	W30 Fiona Branton 38 18:48 Jeanne Grillo 18:55	Heidi Gerken 35 29:10	John Barbour 31:44	George Lisovskis 3:25:31 Lee Lindley 3:28:19
Jonas Aviza 2:55:09	Warren Prunella 41:49	R Humphrey 33 18:57	M40 Tom Clark 30:06	Richard Ledoux 31:45	M60 Jim Schleisman 3:22:19
M45 Don Slusser 2:41:31 Jean Gauthier 2:44:48	M60 Alvin Marcy 47:48	Fay Slattery 19:19 Susan Rizziero 30 19:20	Jim Fowler 37:50 M45 Ed Zigo 31:39	Tim Dunlap 32:25 Lanny Doan 32:28	Art Harris 3:39:33 Charles Kielkopf 3:43:59
Richard Larsen 2:49:19	M65 Tom Jones 52:10 M70 Bob Martin 45:49	Ann Conlin 19:31	Kevin Apsley 31:48	Mark Friedrich 33:12	Charles Kielkopf 3:43:59 Ken Burman 3:44:32
Frank Ciampini 2:51:21 Tom Powers 2:53:49	Dixon Hemphill 48:43	Codi Dudley 37 19:33	M50 Allan Schlesinger 43:26	Bob Dalton 33:23 David Mathews 34:17	Earl Weidner 3:44:54
Jean Levesque 2:54:52	W35 Cecilia Lutz 38:53	K Dirosato 32 19:44 W40 Linda Wack 41 18:18	M55 Jim Parsons 34:37 M60 Gus Molina 57:55	M45 Gary Romesser 31:57	M65 Greg Prom 3:30:49 Pat Moreland 3:52:48
Tony Treanor 2:55:46	Eva Spivak 45:28 Lynn Vendinello 45:42	Mary Jo Donovan 19:19	M65 D P Seely 41:31	Doug Bell 32:07 Richard Buerkle 33:55	Larry Engel 3:52:56
Paul Vinci 2:57:17 John Wertsching 3:00:11	W40 Helen Hiser 43:30	Jayne Fitzgerald 19:30 Claudia Piepenburg 20:03	W40 Wanda Dodson 46:23	Richard Buerkle 33:55 Lloyd Boone 34:42	John Milne 4:21:08 Bill Galbrecht 4:24:05
Ralph Swenson 3:00:34	Joanna Schrock 45:45 Linda Sheimo 46:03	Claudia Piepenburg 20:03 Merrilee Seidman 21:21	W45 Claudia Fletcher 36:45 Nancy Greenberg 41:46	Jon Creighton 34:53	M70 John Keston 3:08:01
M50 John Morton 3:05:04 Joel Sutton 3:07:01	Linda Sheimo 46:03 W45 Kate Boyce 47:20	Livette Garber 21:51	W50 Ellie Thayer 37:29	Jerry McClanahan 35:56 Wes Wessely 36:01	Harold Hubbard 3:41:09
Clifford Walker 3:07:24	Jeanine Matte 49:04	W50 Heidi Pirie 52 20:48 Margaret Lenord 22:02	W55 Judy Kierman 46:32	David Hill 36:52	Jim Waterman 4:24:42 Alex Ratelle 4:34:55
Pierre Gendron 3:09:49	W50 Heidi Pirie 43:50 Darla Wang 48:39	Dee Nelson 53 22:34	W65 Marilyn Shafer nta	Joel Majors 36:56 Jim Struve 37:05	Burt Carlson 4:51:56
E Veronneau 3:09:58 Darryl Ferguson 3:10:11	W55 Janice Stoodley 46:20	BJ King 22:48	DeBary 5K	M50 Jeff Galloway 35.25	W40 Gillian Horovitz 2:52:50 Jean Davis 3:00:11
Claude Letorneau 3:10:25	The Island Delice	Lynne Hays 23:30 W60 Doralie Segal 67 24:20	DeBary, FL; June 22	Melvin Russ 35:59	Jean Davis 3:00:11 Suzette Moore 3:01:53
Bob Hartwell 3:13:54 M55 Edward Bown 3:03:40	Long Island Police Appreciation 5K	Helenann Phillips 28:01	Overall Brad Millett 16 17:08	Robert Powderly 36:52 Vern Noble 37:03	Ann Ringlein 3:03:59
Yuon Vallee 3:19:44	Eisenhower Park; June 5	Lauren Sandler 31:28 Jacqueline O'Neil 33:03	Becky Pouch 19 19:13	Richard Carter 37:38	K Guderyon-Goetz 3:05:34 W45 Marina Jones 2:58:20
Joe Puglisi 3:21:04 Stan Neumann 3:21:11	Overall Rick Burlew 21 15:38	Georgia Saffo 33:07	M35 Roger Travis 18:44	Morris Johnson 37:40 Gary Darnell 37:48	Karen Imhoff 3:25:11
Al Sproul 3:21:40	Liz Flahavan 33 18:45	W70 Hannah Horowitz 25:50 Mary Desaultes 33:11	Bob LaPlante 18:52 Scott Reagan 20:21	Ronald King 38:30	Sharon Ollenburger 3:29:56 Linda Schissel 3:30:48
Elmer Canfield 3:24:18 Rich Rudert 3:27:51	M35 Scott Gorman 17:04	Valerie Hardee 37:30	M40 Paul Hextell 18:48	M55 Andrew Sherwood 39:11	Jo Vos 3:33:39
Rich Rudert 3:27:51 M60 Fitzroy Mark 3:12:35	Bob Kish 18:37 Dan Schleyer 19:26	Georgia Adams 37:52	Todd Boring 21:14 Dan Williamson 23:47	Bill McBride 39:34 Terry Anderson 40:10	W50 Gloria Jansen 3:08:36
David Sonstroem 3:14:33	M40 John DelMaestro 17:27	Pennsylvia Avenue Mile	M45 James Taylor 18:21	Joe Waters 40:23	Mary Hiatt 3:29:07 Linda Tortora 3:31:51
Paul McDermott 3:19:35 Marvin Howard 3:30:20	John DiCamillo 17:51	Washington, DC; June 14 M30 Jesse Smith 33 4:37.62	Spencer Crawfis 18:48	W40 Jane Welzel 34:38 M Hamrin-Senorski 35:46	Nancy Joyce 3:33:17
Dick Green 3:31:01	Chris McKnight 17:53 M45 John Lupski 17:55	Chas Ferguson324:45.34	Wm Smith 19:57 M50 John Keefe 19:17	Janet Takahashi 36:25	Kathleen Schmitt 3:35:06
M70 Web Williams 4:37:11 Gerard Tremblay 4:39:23	Kieran Kelly 18:41	Ted Poulos 35 4:51.10	Tom Hoffman 19:36	Winnie Ng 37:38 Victoria Crisp 38:38	W55 Jo Ann Fiandaca 3:52:43 Karen Hundley 4:03:44
W40 Jenn MacDonnell 3:02:06	Ed Napolitano 18:52	Curtis Davis 39 4:54.35 R J Spalding 34 4:58.03	Ron Allison 21:55	Sherri Hintz 38:42	Jan Rohde 4:13:12
Barbara Bellows 3:03:08	M50 Lutz Hoffman 19:03 Denis Brazil 19:39	M40 Bruce Hamilton414:31.08	M55 Bob Buzzetti 22:35 Lee Armstrong 24:14	Susan O'Rourke 39:14	Janet Littlefield 4:18:30 Yuki Daker 4:28:40
Carol Allain 3:20:33 Heather McKeown 3:21:59	Emanuel Chosak 19:42	Paul Ryan 46 4:38.43	Bill Pons 24:21	Nancy Stewart 39:41 Jocelyn Beaupre 39:51	W60 Wen-Shi Yu 4:06:12
Gail Breslow 3:23:58	M55 Joe Cordero 18:39	Steve Ruckert 43 4:50.54 Jay Wind 47 4:52.42	M60 Don Nygaard 22:51	W45 Judith Hine 38:21	Dorothy Marden 4:32:59
Julie Calabrese 3:28:37	Jose Mendez 19:30 Alex Flyntz 20:00	Dante Ciolfi 42 4:52.70	Frank French 28:51 M65 Epifanio Agosto 22:27	Suzanne Ray 39:32	Patricia Amidon 5:08:24 Lorraine Whitesell 5:12:00
Sandy Dupuis 3:30:51 Karen Lui 3:33:07	M60 Jack Hanley 22:21	M50 Fay Bradley 59 4:54.54	Harley Hoffman 23:55	MIDWEST	Lois Johnson 5:13:38
W45 Janet Labuc 3:10:24	Doug Nedorost 23:07 M65 Alan Druckman 25:54	John Haubert 54 5:17.89 Gary Chidester50 5:24.50	M70 Frank Canty 46:28 W35 Marie Ciriot 20:15	Great Race XVII 10K	W65 Kathleen Callaway 5:25:22 W70 Joy Johnson 4:27:51
Dorothy Helling 3:19:37 Sue Bronson 3:29:45	Sam Soccoli 26:28	Tom Tudor 53 5:30.50	Melissa Astrauskas 20:28	Elkhart, IN; May 26	Agnes Reinhard 4:36:08
Kathryn Fagan 3:32:53	M70 John McManus 23:53	M60 Larry Dickerson655:43.61	Anita Holder 21:07	Overall	COUTHWEET
Betsy LaFlame 3:36:45	Bert Jablon 24:34 M75+Bill Benson 77 29:10	Tom Kurihara 61 5:55.98 TomMomiyama656:06.35	W40 Michelle Hamel 22:08 Louise Douglas 25:58	James Bungei 28:48	SOUTHWEST
Kathi Peck 3:40:18 Cecile Fontaine 3:42:39	Mel Friedel 76 30:09	M70 Dixon Hemphill726:21.15	Penny Jacobs 29:53	Lyubov Belavina 34:43 M40 Jeff Foster 31:53	Baytown Heatwave 5-Miler
Susan Juroncis 3:43:55	W35 Lorraine Ellis 19:53	W30 NatalieHughes39 5:14.92	W45 Brenda Heartz 23:10 Martha Carswell 28:32	Tim McMullen 33:49	Baytown, TX; July 4
W50 Karol Dermon 3:59:02 Lynn Mather 4:07:31	Lori McKeough 20:52 Eliz TerryMcGaunn 23:51	Teren Block 31 5:25.19 Fiona Branton 38 5:25.68	Valerie Scott 30:54	Hal Pearson 35:58 Tim Zumbaue 36:22	Overall Sean Wade 24:15
Eleanor Slattery 4:15:44	W40 Joan Woletsky 24:46	W40 Suzanne Mink 44 6:18.64	W50 Pat Reidelshies 24:38	Tim Zumbaue 36:22 Ken Burke 36:33	Galliamova Albina 28:00
Jane laculli 4:36:24	Jeanne Abele 24:51	HarzellStringer446:31.74 W50 ChrisStockdale535:39.11	Jody Mahonik 28:47 W55 Vye Galloway 31:57	Tom Tamow 36:39	M40 David Washburn 26:34
W55 Sharon Dolan 3:32:59 Sadj Bartolo 4:15:44	R R Pfadenhauer 24:55 W45 Evelyn Arenella 24:43	MaryelnGonyeaso6:54.16	Judy Reaves 44:23	Tom Kiraly 37:38 Elam Riehl 37:44	Robert Yara 27:48
W60 Jean Thomas 4:19:08	Michele Powers 25:04	W60 Tami Graf 60 7:00.08	W70 Mary Canty 72 40:39	M45 Bill Rodgers 32:05	Kenneth Dowland 27:56 M45 Miguel Lopez 28:49
Lawyers' Have A Heart	Susan Nesbihal 25:45 W50 Mary Ryan 21:25	SOUTHEAST	Firecracker 10 Mile	Bruce Watson 38:51	Dennis Leary 29:27
5K & 10K	W50 Mary Ryan 21:25 Kathy Lindsley 22:59		Daytona Beach, FL; June 28	Tom Richards 40:03 Martin Albers 40:23	Jim Darcy 31:09
Washington, DC; June 1	Irene Robinson 25:11	Airport Super Run 10K & 5K Sarasota, FL; April 5	Overall 50.00	Steve Smith 40:37	M50 Jack Lippincott 31:32 Mike Midkiff 32:56
-5K-	W55 Elaine Graham 28:09 Pat Delaney 28:09	-10K-	Keith Swadkins 44 58:32 Helen Simmons 33 71:28	M50 Robert Edwards 41:07	Charles Rhodes 34:33
Overall Robert Lotwis 25 15:19	W60 Alexandra Finger 28:17	Overall	M35 Ed Gocek 62:10	William Crane 41:50 Larry Miller 42:06	M55 Bill Harding 31:53
Kim Saddic 27 17:02	Ruth Sturgess 31:16	Muchapiwa Mazano 31:31	Johnny Duncan 65:15	M60 Alan Hagopian 44:35	Edward Fras 32:56
M35 George Mros 16:51	Race for the Cure 5K	Kimberly Bruce 38:20 M40 John Walters 37:24	David Peterson 68:00 M40 Keith Swadkins 58:32	Irvin Weaver 48:02	Gunnar Sanden 34:37 M60 Jack Henney 34:00
Johnnie DeLoach 21:57 Tim Hart 22:00	Washington, DC; June 7	M45 Arthur Paterson 40:37	Bill Phillips 64:09	Charles Hodges 48:37 Joe Molio 51:23	Fred Wright 36:54
M40 Jim Darr 19:58	Overall	M50 Tom Bedford 41:47	Tom Lincul 64;10	M70+Paul Randall 78:18	Dick Trask 40:17
Vic Culp 20:27	Ray Pugsley 28 14:31 Jackie Concaugh 22 16:59	M55 Peter Robinson 43:46 M60 Chet Fortier 42:08	Paul Hextell 68:32 M45 Bernie Candy 61:47	W40 Patti Terhune 41:39 Diana Laudeman 45:22	M65 Robert Ellis 34:51
Ted Howard 20:28 M45 Mike Mutek 19:33	M30 Jim Hage 39 14:39	M65 Myron Meyer 45:02	Buck Harbuck 68:13	Judy Wiktorowicz 48:09	Foster Doty 37:20
Jim Stine 19:43	Jeff Metkowitz 15:16	M70 Pat Gallagher 48:18	Tom May 69:02 M50 Frank Frazier 69:49	W45 Michelle Siebert 43:58	David Gochnour 39:47 M70 Jack Thomby 49:00
Bill Osburn 19:47	Kurt Kroemer 36 15:32 Chris Moore 15:46	M75 John Laughlin 61:26 W40 Karen Lul 45:18	Dennis Testa 70:40	Nikki Rector 46:11 M Regan-Kubinski 46:33	M75+ Louis Ciaccio 1:03:36
M50 James Bates 20:29				W50 Clair Hostetler 45:34	Continued on next page

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH AUGUST 1997

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
GEOFF BACON (RSA)	8-31-42	55-59
DICK BARTER (SANTA BARBARA, CA)	8-10-32	65-69
LEE BLOUNT (ST. LOUIS MO)	8-14-32	65-69
TOWN CLAPFE (LOVELAND CO)	9-25-7	90-94
DAVE DAVIC/CAN TOCK CAL	0-20-27	60-64
DAVE DAVIS (SAN DUSE, CA)	8-20-37	00-04
HUBERT DURE (LOS ANGELES, CA)	8- 0-22	15-19
GERALD ENGLAND (IN)	8- 5-32	65-69
STEVE FERRAZ (SAN FRANCISCO, CA)	8-11-47	50-54
JOHN GETAS (US)	8-11-22	75-79
VIC HECKLER (CHICAGO, IL)	8-10-42	55-59
ENRIQUE HELF (WG)	8- 9-32	65-69
SVEIN OLAV HOILO (NOR)	8-30-27	70-74
BILL JAMES (WICHITA, KS)	8-28-22	75-79
CORDELL LINDSEY (LOS ANGELES CA)	8- 0-32	65-69
TAKUPO MIUPA (JPN)	8-10-17	80-84
THOMAS O'HODA (DITTSRIDGH DA)	9-26-42	55-50
D DIDED (AUG)	9-10-27	70-74
UNIC DEORCE (MC)	0 24 22	65.60
CEORGE COURTE (CB)	0-23-32	65-69
GEORGE SCUTTS (GB)	8-14-17	80-84
CHUCK SOCHOR (GOWEN, MI)	8-16-27	70-74
RUDOLF TOMASEK (CZE)	8-11-37	60-64
GEORGE VANG (NOR)	8-7-2	95+
ALBERTUS VAN ZYL (RSA)	8-13-22	75-79
LAURIE BINDER (OAKLAND, CA)	8-10-47	50-54
KATHARINE BRIEGER (BERKELEY, CA)	8- 5-32	65-69
ALBERTA CODD (CA)	8- 0-37	60-64
MADY FADNEWORTH (IIS)	8-12-32	65-69
MARANN CARTY (CAN DIECO CA)	0-14-34	70-74
THERTH COOPPORY (HE)	8-26-27	10-14
INGRID GOODBODY (US)	8-13-37	60-64
MARILYN HARBIN (MARTINEZ, CA)	8-30-37	60-64
KAREN HUFF (WILMETTE, ILL)	8- 7-42	55-59
SHIRLEY INGRAM (ROSEBURG, OR)	8- 3-37	60-64
CAROLYN ISHIDA (HARBOR CITY, CA)	8- 9-42	55-59
ANN JANKORSKI (LOS ANGELES, CA)	8-21-47	50-54
PATRICIA LARSON (PRIOR LAKE, US)	8- 4-37	60-64
GLADYS LEHMAN (REEDLEY, CA)	8- 2-22	75-79
ELIZABETH MESSENGER (THORTON, NH)	8-30-27	70-74
BARBARA MOELLER (US)	8-20-37	60-64
MOLLY MONHEIT (LAFAYETTE, CA)	8- 5-22	75-79
SUSAN POST (PORTLAND OR)	0-13-53	AE 40
MARTILLA SALTSRURY (SAN DIEGO CA)	0-10-7	90-94
EVELVN SCHMIDT/ST LOUIS MO	0 10 77	90-94
BADBADA CTDATTON (FDEMONT CA)	0-29-27	70-74
DIAME VOIDIC/CADAMOGA CAL	8- 2-47	50-54
DIANE TOUNG (SARATOGA, CA)	8-10-42	55-59
MAKGARITHA DAEHLER (SUI)	8-21-47	50-54
JOYCE GREEN (AUS)	8-24-27	70-74
LYUBOV GURINA (URS)	8- 6-57	40-44
URSULA HOHENBERG (WG)	8- 9-52	45-49
ANNETTE HORSNELL (NZ)	8- 7-37	60-64
LYUBOV KARPOVA (RUS)	9-14-57	40-44
SIRKKA KAUPPINEN (PIN)	8-23-37	60-64
TISE KIRSTEN (WG)	0-17-37	00-04
CIDDA MADTTILA (PIN)	0-1/-2/	70-74
UPATURD WAY (NO.)	8- 7-42	55-59
CUCAN PLEANOR THOUGHT	8- 4-22	75-79
SUSAN ELEANOR THOMSON (GB)	8- 7-32	65-69
CHRISTA VOSS (WG)	8-20-42	55-59
VALERIE YOUNG (NZ)	8-10-37	60-64
TOM HARTMAN (CRANFORD NI)	9.16.42	55 50
ATHLETE (RESIDENCE) GEOFF BACON (RSA) DICK BARTEK (SANTA BARBARA, CA) LEE BLOUNT (ST. LOUIS, MO) JOHN CLARKE (LOVELAND, CO) DAVE DAVIS (SAN JOSE, CA) HUBERT DUKE (LOS ANGELES, CA) GERALD ENGLAND (IN) STEVE FERRAZ (SAN FRANCISCO, CA) JOHN GETAS (US) VIC HECKLER (CHICAGO, IL) ENRIQUE HELF (WG) SVEIN OLAV HOILO (NOR) BILL JAMES (WICHITA, KS) CORDELL LINDSEY (LOS ANGELES, CA) TAKURO MIURA (JPN) THOMAS O'HORA (PITTSBURGH, PA) P. PIPER (AUS) HANS PROBST (WG) GEORGE SCUTTS (GB) CHUCK SOCHOR (GOWEN, MI) RUDOLF TOMASEK (CZE) GEORGE VANG (NOR) ALBERTUS VAN ZYL (RSA) LAURIE BINDER (OAKLAND, CA) KATHARINE BRIEGER (BERKELEY, CA) ALBERTA CODD (CA) MARY FARNSWORTH (US) MAEANN GARTY (SAN DIEGO, CA) INGRID GOODBODY (US) MARILYN HARBIN (MARTINEZ, CA) KAREN HUFF (WILMETTE, ILL) SHIRLEY INGRAM (ROSEBURG, OR) CAROLYN ISHIDA (HARBOR CITY, CA) ANN JANKORSKI (LOS ANGELES, CA) PATRICIA LARSON (PRIOR LAKE, US) GLADYS LEHMAN (REEDLEY, CA) ELIZABETH MESSENGER (THORTON, NH) BARBARA MOELLER (US) MOLLY MONHEIT (LAFAYETTE, CA) SUSAN POST (PORTLAND, OR) MARILLA SALISBURY (SAN DIEGO, CA) ELIZABETH MESSENGER (THORTON, NH) BARBARA STRATTON (PREMONT, CA) DIANE YOUNG (SARATOGA, CA) MARGARITHA DAEHLER (SUI) JOYCE GREEN (AUS) LYUBOV GURINA (URS) URSULA HOHENBERG (WG) ANNETTE HORSNELL (NZ) LYUBOV KARPOVA (RUS) SIRKA KAUPPINEN (FIN) ILSE KIRSTEN (WG) SIRKA KAUPPINEN (FIN) HEATTHER MAY (NZ) SUSAN ELEANOR THOMSON (GB) CHRISTA VOSS (WG) VALERIE YOUNG (NZ) TOM HARTMAN (CRANFORD, NJ) JEFF TINDALL (STANTON, NJ)	0-10-42	33-39
JEFF LINDALL (STANTON, NJ)	8-16-42	55-59

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Name	The second of the second of the second	Harris Control
Address	The second second second	The second second
City	State	Zin

W40	Carole Smith	32:04
	Patty Leary	34:31
	Gail Sabanosh	34:52
W45	Serai	37:03
	Sharon Rohmfeld	39:10
	Karen Lancer	41:26
W50	Kim Coe	40:31
	M Montgomery	NTA
	Esther Ellis	NTA
W55	Ruth Bermain	NTA
Sales of	Muriel Costello	NTA
	JoAnn Luco	NTA
W60	Sally Reed	NTA

WEST

The Great Trans Ko'olau Trek 10-Mile Run (along the H-3 Freeway in Oahu, Hawaii)		
1	May 11	iwaii)
Over	and the second s	Lu.
	io Yuasa ni Miyazaki	51:24 57:20
	Lloyd Stephenson	53:17
	Kevin Vietti	58:27
	Steven Anderson	58:56
	Arturo Robeldo Jr Joel Carpenter	59:53 1:00:00
	Edward Davis	1:00:00
	Michael Hildreth	1:02:35
	Tom Lawrence	1:04:17
	Pete Trump	1:04:28
M45	Wayne Prebor Mel Morita	1:05:24
	Kealii Flood	1:09:42
	Shunichi Akahoshi	1:10:13
	Greg Rousscre	1:10:50
	Delbert Brooks	1:11:30
	Larry Mackey Brant Bradford	1:11:36
	Glenn Akamine	1:13:26
	Fred Stapenhorst	1:13:47
M50	Michael Kent	1:04:12
	Ron Pate	1:06:20
	Larry Fee Thomas Carras	1:06:55
	Fred Kaya	1:07:18
	Benny May	1:09:12
	Brian Clarke Richard Moeller	1:10:03 1:10:10
M55	Tony Nonan	1:09:28
	Ron Hill	1:11:28
	Yoshiyuki Inui	1:12:33
	Edward Barvick	1:12:47
	Kirke White Jiro Saegusa	1:13:06
	Robert Schultz	1:15:24 1:16:25
	Dennis Toyama	1:22:42
M60	Yutaka Kanao	1:10:45
	Robert Wuthrich	1:11:11
	Stan Im	1:20:24
	Al Samuelson Janet Pappas	1:21:12 1:25:46
	Joan Anderson	1:26:26
	Halina Zaleski	1:26:32
11100	Gratia Pitts	1:26:59
W50	Heather Skerrett Judith Webb	1:17:32
	Karen Heaps	1:18:47 1:28:00
	Diane Michels	1:29:03
	Sue English	1:30:42
	Susan LaLanne	1:32:20
	Trudy Sniffen Leann Bader	1:32:59 1:33:39
W55	Kay Schleusener	1:27:01
	June Harrigan	1:29:28
	Sharon Calligan	1:35:32
	Judith Hooper Sandy Vaurs	1:39:34
		1:40:22 1:42:42
	A Summerlin	1:44:11
	Bernice Abraham	1:46:08
		1

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5	W60	Shiori Suzuki	1:19:44	Cosmas Musyoka 25	14:23
		Akemi Masuda	1:22:40	Kellie Archuletta 35	15:54
		Ruth Heidrich	1:19:30	M40 Steve Blum	15:09
		Diane Stowell	1:31:35	John Tuttle	15:31
		Jane Dods	1:32:31	Charles Sanchez	15:45
		Millie Yamamoto	1:40:09	Antonio Mazagon	15:46
		Juanita Jacobsen	1:42:13	M45 Don Irvine	15:59
	W65	Barbara Zamparelli	1:36:30	Don Ocana	16:21
		Ellen Humphrey	1:42:33	Bob Randle	18:41
3		Jan Newhart	1:43:02	M50 John Hunter	16:43
		Lillian Okazaki	1:52:01	Sal Gonzalez	17:09
		Marie Boles	1:57:30	Anthony Romero	18:13
		Clara Tacub	1:57:31	M55 Tom Curry	15:34
	11/70	Noriko Suzuki	1:51:00	Catarino Gonzalez	16:26
	W /0	Po Adams	2:00:34	Anthony Gomez M60 Sonny Monioz	20:27
		Keiko Asami	2:09:36	Peter Faust	19:31
4			Charles of the Control	M65 Pat Devine	19:36
		Betty Walker	2:16:27	Leroy Carter	19:53
•		Melba Henderson	2:16:53	M70 Larry Banuelos	21:45
	W75	Margaret Lee	2:24:30	Joe Fleischmann	25:45
2	Terri	Bonnie Kilsom	2:34:45	M75 Karlis Smiltens	32:24
		Maureen Schmahl	2:48:13	M80 J R Smith	32:56
1	13.00	Emma Corrigan	2:51:47	W40 Barbara Moses	22:18
	100	Evelyn Irvin	2:55:50	Terry Heintz	22:52
	W80	Kikue Kimoto	2:53:59	Sherry Lindeman	23:17
4	1	Tarcila Planas	3:00:14	W45 Caroly Pelonis	22:29
	9500	Lois Steadman	3:21:27	Kathy Naruo	23:43
•		Gertrude Cook	4:01:27	Mariana Schaffer	23:48
		K Matsuyama	4:07:22	W50 Marchael Bayne	26:32
)	-	Anna Davis Half M	arathar.	Janyth Dison	27:42
2	Fon	tana Days Half-M	aratnon	W55 Carole Davis	24:29
		a or		Boyorly Burrow	41-12

K Maisuyama	4.01.22	
Fontana Days Half-Marathon & 5K		
Fontana, CA; Ma	v 31	
The second secon	and the same	
Half-Marathon		
Overall	Sec. and	
Gus Quinonez 31	64:03	
Kristin Cobb 23	71:33	
M40 Fred Arapmayiek	67:08	
Jeff Maddox	73:41	
Herbie Yee	77:46	
Abel Contreras	81:21	
Carlos Castaneda	a 82:35	
Jim Slepski	83.59	
Steve Marshall	85:35	
Peter Hafner	85:40	
M45 Bruce Mauldin	81:57	
Abel Umogbai	85:50	
Jeff Mintz	87:01	
Ildefonso Leal	88:38	
Gale Chatham	88:57	
Francisco Fabian	90:27	
David Claudon	90:34	
Doug Allen	92:20	
M50 Wayne Mitchell	75:42	
Joel Sutoe	85:59	
Frankle Dowey	86:35	
Art Byrne	90:21	
Leroy Wilke	90:41	
Robert Ramsay	91:16	
M55 Shel Nankin	85:19	
Roberto Vargas	89:23	
Robert King	92:59	
Stan Baker	1:40:20	
Fred Andel	1:41:51	
Hasan Celik	1:43:01	
M60 William Wall	84:26	
Nate Spunt	1:40:19	
Steve Dibble	1:43:26	
M65 Herb Hoggard	The Carlo III Control III	
Pag Paladuan	1:40:06	
Pao Paladugu	1:48:40	
Fred Schneider	1:54:32	
M70 Allen Bergman	1:55:46	
Tom Hodges	2:00:06	
W40 Cori Leone	1:39:57	
Cindy Millar	1:40:13	
Cyndi Goldberg	1:42:59	
Phyllis Bourgault	1:43:33	
W45 Carol Richardson	1:25:52	
Adell Williams	1:46:00	
Pam Fisher	1:48:02	
W50 Julie Lister	1:28:57	
Mag Uttrnee	1.55:32	

Cosmas Musyoka 25	14:23
Kellie Archuletta 35	15:54
M40 Steve Blum	15:09
John Tuttle	15:31
Charles Sanchez	15:45
Antonio Mazagon	15:46
M45 Don Irvine	15:59
Don Ocana	16:21
Bob Randle	18:41
M50 John Hunter	16:43
Sal Gonzalez	17:09
Anthony Romero	18:13
M55 Tom Curry	15:34
Catarino Gonzalez	16:26
Anthony Gomez	20:27
M60 Sonny Monioz	17:50
Peter Faust	19:31
M65 Pat Devine	19:36
Leroy Carter	19:53
M70 Larry Banuelos	21:45
Joe Fleischmann	25:45
M75 Karlis Smiltens M80 J R Smith	32:24
W40 Barbara Moses	32:56 22:18
Terry Heintz	22:52
Sherry Lindeman	23:17
W45 Caroly Pelonis	22:29
Kathy Naruo	23:43
Mariana Schaffer	23:43
W50 Marchael Bayne	26:32
Janyth Dison	27:42
A STATE OF THE PARTY OF THE PAR	Section 1
W55 Carole Davis	24:29
Beverly Burrow	41:12 26:51
W60 Dolores Vega Michele Parks	31:26
W65 none	31.20
W70 Mary Storey	25:37
W75 Virginia Merrel	47:52

CANADA

Ambleside Masters Road Mile

Coquitiam, BC;	June	200
	Time	A-G%
56 Herb Philips	4:50	92.5
60 Stephen Odwin	5:01	92.4
42 Dave Reed	4:22	91.6
45fDebbie Collum	5:06	90.7
48 Peter Ladner	4:38	90.3
67 Frank Kurucz	5:34	89.6
60 Jim Thompson	5:11	89.5
41 Dave McGivern	4:30	88.2
55 Barry Adams	5:02	88.0
40 Brian Blamey	4:29	87.9
67fLenoreMontgomry		87.7
40fDeb Eerkes-Dove	5:03	87.5
52 Jake Madderom	4:59	86.7
44 Dave Huxley	4:41	86.6
46fGwyn Woodson	5:25	85.9

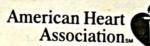
RACEWALKING

British National Veterans Championships 20K Racewalk Sutton Park, Sutton Coldfield, England; June 14

M40 Alan King

73.73
39.46
49.06
47.28
58.49
55.39
02.37
53.15
06.26
00:38
08.18
09.59
14.19
12.46
43.52
58.44
22.45
10.54
10.54

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1:28:57 1:55:33

Mag Uttrpee W55 Ursula Rains

W55 Ursula Rains 1:33:59 Sandra Johnson 2:12:03 W60 Martha Walker 1:53:48

W65 Kathy Callaway 2:19:48

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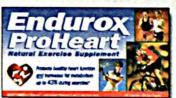
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